# DE-LIGHTS OF DELTA

## Delta Presbyterian Church

Delta Junction, Alaska

# Expression of Appreciation

Our organization, the compilers and sponsors of this cookbook would like to thank and express our sincere appreciation to the many people in the community who gave so generously of their time and energy in collecting and submitting recipes and assisting in the sale. Without their help, this book would not have been possible.

The Cookbook Committee

# COOKBOOK COMMITTEE

Judy Dewar

Debbie Wager

Debbie Eldridge

# DELTA PRESBYTERIAN CHURCH

Delta Junction, Alaska

# DEDICATION

We dedicate this book to all cooks. In our home today, as always, life is centered around our kitchens. It is with this thought in mind that we, the sponsors, have compiled these recipes. Some of the recipes are treasured family keepsakes and some are new, however, they all reflect the love of good cooking.

Our thanks to all those who generously contributed their favorite recipes. Without their help, this book would have never been possible.

We hope you will enjoy the many outstanding and treasured recipes on the following pages.

# List Your Favorite Recipes Here

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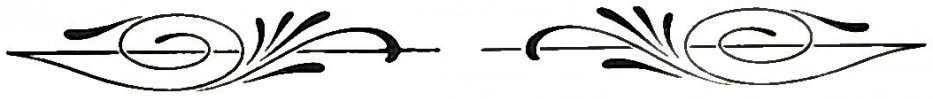

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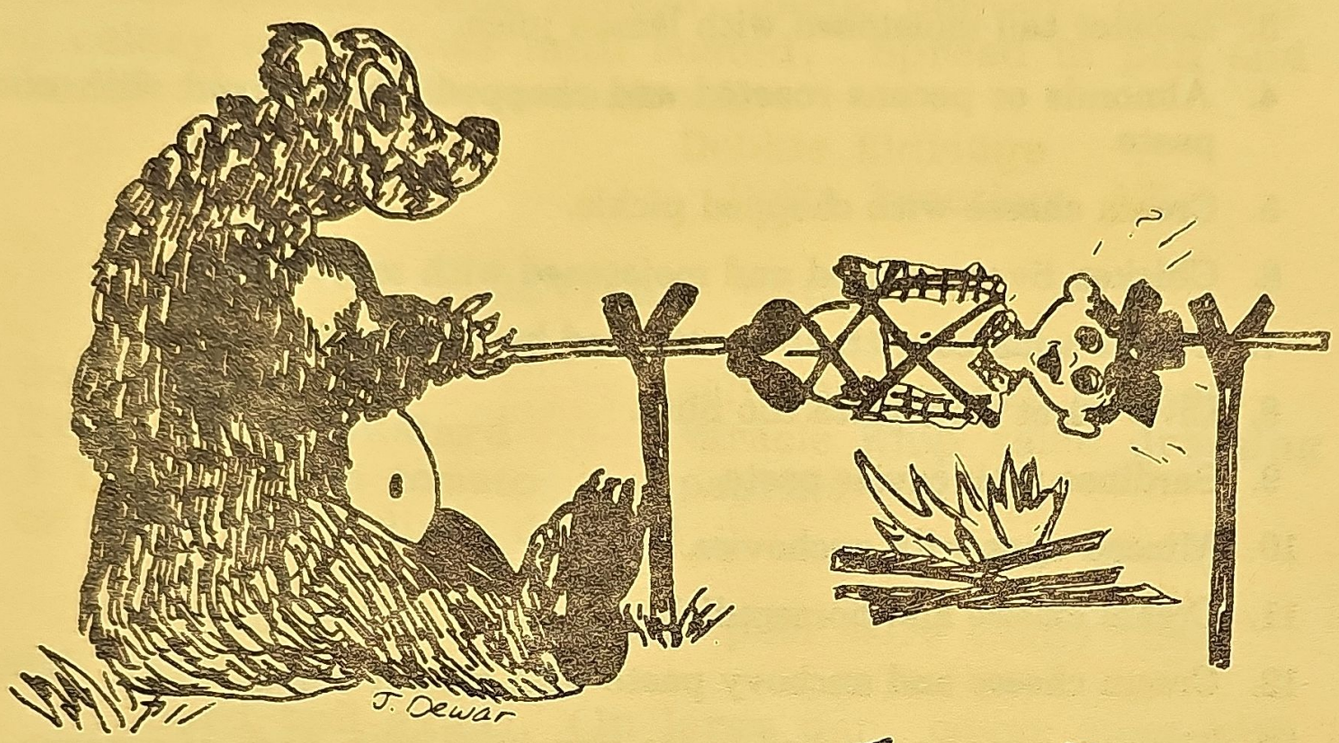
# APPETIZERS




# BEVERAGES & MISCELLANEOUS

# Appetizers

Appetizers are those treats that can be served either at the start of a meal or at a reception or open house. Listed below are quick appetizers that can be served anytime with crackers, thin sliced toasted bread or potato chips:

1. Caviar flavored with onion juice.
2. Cream cheese with chipped chutney and dash of curry powder.
3. Lobster tail moistened with lemon juice.
4. Almonds or pecans roasted and chopped, then mixed with anchovy paste.
5. Cream cheese with chopped pickle.
6. Chicken livers minced and moistened with mayonnaise.
7. Cheese squares with olive attached by toothpick.
8. Liverwurst with pistachio nuts.
9. Sardines with caviar paste.
10. Minced eggs with anchovies.
11. Cream cheese and horseradish.
12. Cream cheese and anchovy paste with grated onion.
13. Herring squares mashed in its own juice with dash of vinegar and Tabasco sauce.
14. Peanut butter and bacon toasted on dark bread.
15. Deviled ham with chopped onions and Spanish olives.
16 Stilton cheese moistened with Port wine.
17. Shrimp flavored with French dressing.
18. Caviar mixed with cream cheese with dash of Worcestershire sauce.
19. Peanuts roasted, crushed and mixed with anchovy paste.
20. Sardine slices topped with chopped olives.
21. Pimento cheese mixed with a dash of horseradish.
22. Minced shrimp with onion juice.
23. Cream cheese with dash of Worcestershire sauce and chives.

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## GOLDEN NUT CRUNCH

12 oz. dry roasted nuts
1/4 c. melted butter
1/4 c. Parmesan cheese
1/4 tsp. garlic powder
1/4 tsp. oregano
1/4 tsp. celery salt
4 c. Golden Grahams cereal

Heat oven to 300°. Mix nuts and butter in bowl until well coated. Add cheese, garlic powder, oregano and celery salt. Toss until coated. Spread in pan and bake 15 minutes; stir occasionally.

Debbie Eldridge
Delta Junction, AK

## DEVILED EGGS

1 doz. eggs*
1 Tbsp. Dijon mustard
2-3 Tbsp. green tomato or vegetable relish, drained
salt and pepper to taste
Miracle Whip salad dressing
paprika

*"Shipped in" eggs will peel more easily than fresh eggs.

Hard-boil eggs. (In large pan, cover eggs with water, bring to boil and boil 1 minute. Turn off heat; cover and let stand 25 minutes.) Pour off hot water and run cold water over eggs. Crack each egg in cold water, then peel. Cut in halves; remove yolks to small mixing bowl. Mash.

Add other ingredients, with enough salad dressing to make proper consistency. Refill egg halves and sprinkle with paprika.

Loretta Nistler
Delta Junction, AK

## DEVILED EGGS

1 doz. eggs (approximately 1 week old)
1 tsp. dry mustard
2 tsp. celery seed
2 tsp. celery salt
salt
dash of pepper
paprika

Carefully make pin holes in the larger end of each egg. Place eggs in saucepan. Cover with cold water. Sprinkle about 1 teaspoon salt over the water.

Put pan over medium heat and bring water to the boiling point. Reduce heat to below boiling and let simmer for 15 minutes. Pour off most of the water and run cold water over the eggs in the pan. Shell the eggs. Cut in halves lengthwise and remove the yolks carefully so as not to damage the whites.

Crush the yolks with a pastry blender and sprinkle celery seed, celery salt, dry mustard and pepper over the mashed yolks. Stir in about 1/4 cup mayonnaise and add more, a little at a time, until it is the consistency you prefer. Put the filling back into the whites and sprinkle the tops with paprika.

Ann Geise
Delta Junction, AK

## LUNCH MEAT SNACK

2 lb. hamburger
1 c. water
1 tsp. pepper
1/4 tsp. onion salt
1/2 tsp. garlic salt
4 Tbsp. Morton Tender Quick salt
1/2 tsp. mustard seed

Mix ingredients and refrigerate overnight. Form into 1-inch roll and wrap in foil. Bake at 350° for 1 hour. Can be frozen. Cut down on the salt if needed.

This recipe is similar to summer sausage and is delicious made with moose burger.

Debbie Eldridge

## DILL WEED DIP

1/3 c. sour cream
1/3 c. mayonnaise
1 tsp. Lawry's seasoned salt
1 tsp. dill weed
1 Tbsp. dried parsley
1 Tbsp. dried minced onion

Blend above ingredients and chill. Serve with fresh raw vegetables. Do not double salt if doubling recipe, as it will be too strong.

Judy Dewar
Delta Junction, AK

## SPINACH DIP

1 (10 oz.) pkg. chopped spinach, cooked and drained
1/2 c. chopped green onions
1/2 c. chopped parsley
2 c. mayonnaise
1 tsp. salt
1 tsp. pepper

Deborah Wager

## THREE-CHEESE DIP

1/2 c. crumbled Blue cheese
1/2 c. shredded sharp Cheddar cheese
1/2 c. cottage cheese
1/4 c. sour cream
1 1/2 tsp. grated onion
1/2 tsp. Worcestershire sauce

Combine cheeses and bring to room temperature. Beat with electric mixer until smooth and creamy. Add remaining ingredients; beat until fluffy. Chill.

Serve with crackers or chips. Makes 1 1/3 cups.

Judy Dewar
Delta Junction, AK

## VELVEETA CHEESE SPREAD

1 lb. Velveeta cheese
1/3 c. horseradish
1 c. mayonnaise
1 tsp. Worcestershire sauce

Melt cheese in double boiler; add rest of ingredients while hot (as soon as you take it off the stove). Beat and pour into bowl.

Jane Goodman

## HOT CHOCOLATE MIX

1 (8 qt.) box powdered dry milk
1 (6 oz.) jar Cremora
1 c. confectioners sugar
1 (1 lb.) box (or more) Nestle instant Quik chocolate mix

Mix all ingredients together. Place 4 teaspoonfuls of mixture in cup and add boiling water. Stir and drink hot chocolate.

MaryHelen Studebaker

## HOT CHOCOLATE MIX

1 (4 qt.) pkg. powdered milk
1 large container Coffee-mate
1 lb. powdered sugar
1 (2 lb.) box Nestle Quik
1 c. cocoa
1 c. sugar

Mix all ingredients. To make hot chocolate, fill your cup 1/3 full and fill with hot water.

Delicious!

Maribeth Miller
Delta Junction, AK

## BERRY BANANA FREEZE

2 small ripe bananas
1/2 c. evaporated skim milk
1/2 tsp. vanilla
1 c. frozen whole unsweetened strawberries

Peel bananas; wrap in plastic wrap and freeze until firm. Cut in chunks.

In blender container or food processor bowl, combine bananas, strawberries, evaporated milk and vanilla. Cover and blend until smooth. Serve at once. Serves 4.

Each serving contains 79 calories, 3 grams protein, 17 grams carbohydrate and 0.4 fat.

Dorothy Evans
Delta Junction, AK

## GOLDEN GLOW PUNCH

2 c. lemon juice
2 c. orange juice
2 c. granulated sugar
2 c. cold water
4 qt. ginger ale

Combine juices, sugar and water; chill. Just before serving, pour ginger ale down side of punch bowl to prevent foaming. Makes 40 (1/2-cup) servings.

Judy Dewar
Delta Junction, AK

## BLENDER TOFU DRESSING

8 oz. tofu, cubed
3/4 c. milk

1 (0.6 oz.) pkg. seasoned Italian mix or 1 (0.7 oz.) pkg. Blue cheese dressing mix or 1 (0.4 oz.) pkg. Ranch-Style dressing mix

1 Tbsp. mayonnaise or salad dressing

Place tofu, milk, salad dressing mix and mayonnaise or salad dressing in blender or food processor bowl. Cover and blend until smooth. Chill thoroughly before serving. Serve with main dish salad or vegetables. Makes about 1 3/4 cups.

Each tablespoon contains 13 calories, 1 gram protein, 1 gram carbohydrate and 0.8 fat.

Dorothy Evans
Delta Junction, AK

## ROSE HIP AND CRANBERRY JAM

juice of 1 lemon and 1 orange
3 c. rose hip puree
3 c. cranberries
7 c. sugar
1 pkg. pectin

Mix pectin with the prepared fruit in a large kettle. Place over high heat until mixture comes to a hard boil. At once stir in the sugar and bring to a rolling boil. Boil hard 1 minute. Pour into jars and seal.

"Very good."

Jane Storey
Delta Junction, AK

## MARGURITE'S STRAWBERRY JAM

6 c. strawberries
6 c. granulated sugar
2 Tbsp. lemon juice

Mix well; bring to a boil and cook at a rolling boil for 10 minutes. Remove from heat and skim if necessary. Set aside and stir once in awhile. Cover and let set overnight. Put in jars (sterilized) and seal.

This must be cooked in an enamel pan. Do not double the recipe.

An excellent jam!

Stella Odsather
Wasilla, AK

## RHUBARB RELISH

1 qt. rhubarb
1 qt. onions
1 pt. vinegar
2 c. brown sugar
1 Tbsp. salt
1 tsp. cloves
1 tsp. cinnamon
1 tsp. allspice
1/2 tsp. cayenne pepper

Boil the above until thick on slow heat. Fill sterilized jars. Cover with paraffin.

Excellent with pot roast, moose, meat loaf, etc.

Margery Cannon
Wasilla, AK

## QUICK BEET PICKLES

1/2 c. vinegar
1/2 c. liquid from one No. 2 can baby beets
2 Tbsp. sugar
2 cloves
1/2 tsp. salt
3 peppercorns
1/4 bay leaf

Combine all ingredients and bring to boil; pour over beets. Chill for several hours.

Mary A. Kobierowski
Delta Junction, AK

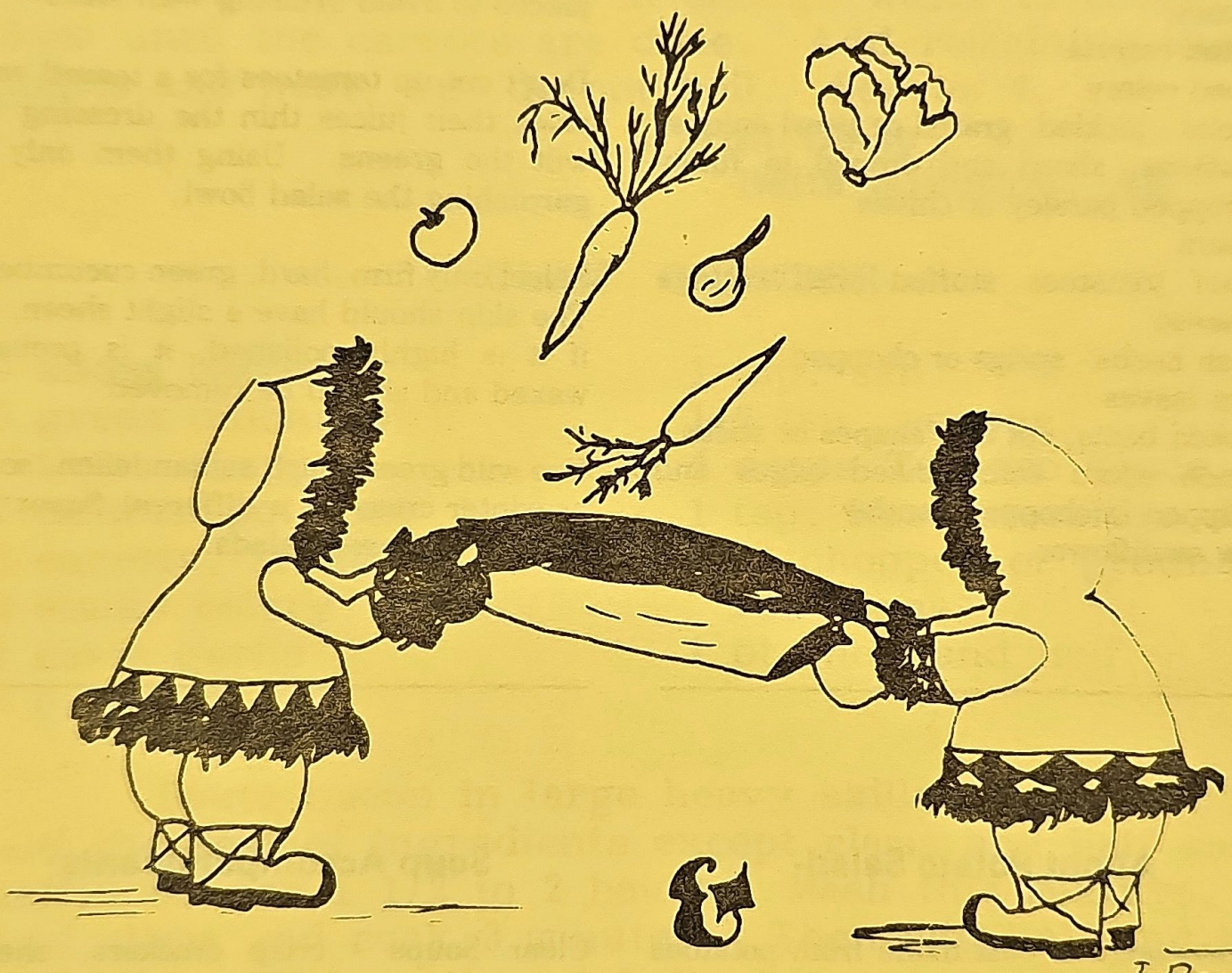
## FRENCH DRESSING

2/3 c. sugar
1/3 c. ketchup
salt and paprika to taste
1/2 c. oil
1/4 c. vinegar
4 tsp. onion or garlic

Blend in blender the first 3 ingredients until the sugar is dissolved. Add remaining 3 ingredients. Blend until thoroughly mixed. Store in refrigerator.

Debbie A. Eldridge
Delta Junction, AK

# SOUPS
# SALADS




# &
# SAUCES

# Salads

## Additions and Garnishes

Slice hard-cooked eggs
Radishes
Chopped green or ripe olives
Nut meats
Pimento
Green pepper
Sardines
Anchovies
Slivered cheeses
Julienned ham
Chicken
Grated carrots
Cubed celery
Onions - pickled, grated or pearl onions
Tomatoes, sliced and dipped in finely chopped parsley or chives
Capers
Dwarf tomatoes stuffed with cottage cheese
Fresh herbs - sprigs or chopped
Mint leaves
Cooked beets, cut into shapes or sticks
Lemon slices with pinked edges and dipped in chopped parsley
Raw cauliflower

## Tips for Tossed Salads

Always handle salad greens with care.

Wash well, drain and dry greens before storing: chill well before using.

To core lettuce, smack head stem end down on counter top. Then twist the core out.

It is better to tear greens into bite-sized pieces to avoid bruising with knife.

Don't cut up tomatoes for a tossed salad since their juices thin the dressing and wilt the greens. Using them only for garnishing the salad bowl.

Select only firm, hard, green cucumbers. The skin should have a slight sheen, but if it is highly polished, it is probably waxed and should be removed.

Use wild greens such as dandelion, sorrel or winter cress for a different flavor and texture in tossed salads.

## About Potato Salad-

Potato salad is best made from potatoes cooked in their jackets and peeled and marinated while still warm. Small red waxy potatoes hold their shape when sliced or diced and do not absorb an excessive amount of dressing or become mushy.

## Soup Accompaniments-

Clear Soups - crisp crackers, cheese pastry, cheese-spread toast strips.

Cream Soups - cheese popcorn, seeded crackers, pretzels, pickles and olives.

Chowders and Meat Soups - Melba toast, sour pickles, oyster crackers, bread sticks, relishes, toasted garlic bread.

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## NEW ENGLAND CLAM CHOWDER

6 medium potatoes, peeled and diced into small pieces (approximately 1/2 inch on a side)
1 medium onion, chopped
3 carrots, sliced
4 stalks celery, chopped
3 slices bacon, crumbled
milk
4 or 5 medium clams, ground
salt
pepper
pinch of saffron

First dig and clean clams. Cook potatoes, onion, carrots and celery in enough water to cover them until the carrots are done. Add remaining ingredients and heat, but do not boil. Serves 4.

Ann Geise
Delta Junction, AK

## CLAM CHOWDER

4 slices bacon
3 green onions with tops, chopped
7 medium potatoes
2 carrots, sliced
2 stalks celery
1 clove garlic
2 c. water
1 tsp. salt
1/2 tsp. pepper
4 drops Tabasco sauce
1 tsp. Worcestershire sauce
2 c. chopped or ground raw clams
1 pt. half and half

Saute bacon in large heavy skillet until crisp; add the rest of ingredients except clams and half and half. Simmer 1 1/2 to 2 hours. Mash this mixture. Add clams and cook 3 minutes. Then add half and half and stir until hot; do not boil.

Jane Goodman
Delta Junction, AK

## HEARTY TOMATO-BEEF SOUP

1 lb. ground beef
1 c. chopped onion
1 (1 lb. 12 oz.) can tomatoes
2 beef bouillon cubes
2 1/2 c. water
1/2 c. chopped celery
1 Tbsp. butter
1/3 c. rice (quick)
1 bay leaf

Saute ground beef, onion and celery in butter and brown; drain fat. Stir tomatoes, bouillon cubes, rice and water into meat mixture. Bring to a boil and simmer 20 minutes. Makes 2 quarts.

Cay Wright
Delta Junction, AK

## LEBANESE SOUP

1 1/4 lb. ground lamb or caribou, broiled rare
1 c. cracked wheat (bulgur)
1 onion (about 2 oz.), chopped
2 egg whites
2 tsp. grated lemon peel
1/2 tsp. salt
1/4 tsp. pepper
1/4 tsp. allspice and crushed mint leaves
2 tsp. margarine
2 oz. rice
4 c. chicken broth
1 cinnamon stick, broken

In food processor, process meat with steel blade until pasty. Remove to bowl and stir in wheat, onion, egg whites, lemon peel, salt, pepper, allspice and crushed mint. Shape mixture into 16 balls. Place on a rack in a baking dish; bake at 400° for 12 to 15 minutes or until well browned. Set aside.

In medium saucepan heat margarine until bubbly; add rice and saute until rice is golden. Stir in broth and, if desired, cinnamon stick. Simmer 15 minutes until rice is tender.

Just before serving, add meatballs to broth mixture and heat through.

Makes 4 servings, 336 calories each.

Judy Dewar
Delta Junction, AK

## MUSHROOM SOUP

1 c. mushrooms (Shaggy Manes are nice)
2 Tbsp. onion
2 Tbsp. butter
2 Tbsp. flour
2 c. beef broth
1/2 c. light cream
1/4 tsp. salt
1/4 tsp. nutmeg
1/8 tsp. white pepper

Slice mushrooms and cook with onion in butter for 5 minutes. Blend in flour and cook 5 minutes longer.

Add broth; cook and stir until slightly thickened. Cool slightly. Add cream and seasonings. Heat through and serve.

Ann Geise
Delta Junction, AK

## QUICK BORSCH

2 (No. 1) cans julienne-style beets (undrained)
2 cans condensed beef broth (undiluted)
1 Tbsp. dill weed
2 Tbsp. instant minced onion
1 c. chopped raw cabbage
1 1/2 tsp. salt
6 Tbsp. lemon juice
3 Tbsp. brown sugar
sour cream

In a 6-quart saucepan combine beets, broth, dill, onion, cabbage, salt, lemon juice, sugar and 1 1/2 cups water. Over medium heat, bring to boil. Reduce heat; simmer uncovered 15 minutes.

Serve hot, each serving topped with a spoonful of sour cream. Serves 6.

Margery Cannon
Wasilla, AK

## VEGETABLE CHOWDER

1 (16 oz.) pkg. frozen mixed vegetables
2 cans condensed cream soup (celery, chicken, etc.)
3 1/4 c. milk
1 Tbsp. instant minced onion
1/2 tsp. salt
1/8 tsp. pepper
1 c. shredded fresh spinach

Combine frozen vegetables, soup, milk, onion, salt and pepper in a kettle or Dutch oven. Heat slowly, stirring several times, to boiling point. Simmer 5 minutes. Stir in spinach; heat 1 to 2 minutes longer.

Ladle into soup bowls; serve with wheat crackers. Serves 4 to 6.

Linda Mertz
Delta Junction, AK

## CHEESE-TOPPED FRUIT SALAD

1 (6 oz.) box orange-pineapple jello
1 can crushed pineapple, drained (save juice)
3 bananas, sliced
miniature marshmallows
1/2 c. pineapple juice
1/2 c. granulated sugar
1 Tbsp. cornstarch
1 egg, beaten
8 oz. cream cheese
coconut or nuts

Make jello; add fruit and pour into 9 x 13-inch pan. Cover with marshmallows. Put in refrigerator to set. Combine and cook until thick the juice, sugar, cornstarch and egg.

Whip cream cheese into hot mixture; cool. Spread over jello and top with coconut or nuts.

Serves 16 to 20.

Nell Mary Morton
Jewel Lake Parish
Anchorage, AK

## GOLDEN FRUIT SALAD

2 medium-sized cans pineapple chunks
1 (6 oz.) can frozen orange juice
1 small pkg. instant lemon pudding
3 fresh bananas
1 (No. 2 1/2) can pears
1 (No. 2 1/2) can apricots
1 (No. 2 1/2) can peaches
1 can mandarin orange segments

Drain juice from pineapple. Mix frozen orange juice with pineapple juice. Add pudding mix and stir to dissolve. Peel and slice bananas and add to juice mixture.

Drain pears, apricots and peaches and cut into bite-size pieces; add to juice. Drain mandarin oranges and add to other fruits in juice. Mix well. Refrigerate for 24 hours before serving.

Velada Volkman

## GREEN STUFF

6 oz. dry lime jello
12 oz. thawed Cool Whip
16 oz. small curd cottage cheese
16 oz. sour cream
22 oz. drained mandarin oranges

Place Cool Whip, cottage cheese and sour cream in large bowl; stir until blended. Then mix in dry jello until blended. Add oranges (I usually break the sections into halves for more flavor) to mixture and stir together. Refrigerate for several hours and serve.

I usually make the night before. You can substitute different flavors of jello and different fruits to suit your meal. Even picky eaters love this dish!

Sounds kind of awful (that's why I call it Green Stuff), but tastes great!

Emily Perrin
Delta Junction, AK

## FESTIVE JELLO MOLD

2 (6 oz.) pkg. raspberry jello
5 c. water (3 of them boiling)
2 jars Ocean Spray cranberry-orange relish
1 1/2 c. finely chopped celery
1 1/2 c. finely chopped walnuts

Dressing:

1 envelope Dream Whip
1 (8 oz.) pkg. cream cheese
freshly grated rind of 1 orange

Place jello in a 4-quart bowl; pour in 3 cups boiling water. Stir and let stand until jello is completely dissolved, then add the 2 cups cold water and both jars of the relish and stir. Allow to cool until fairly thick. Stir in celery and walnuts and pour into 2 1/2-quart mold that has been sprayed with Pam, Pan Pal or similar (no hot water unmolding this way, just loosen edges with spatula and unmold when salad is set).

Dressing: Prepare Dream Whip according to package instructions (or use 2 cups Cool Whip, thawed). Beat in the softened cream cheese and fold in the orange rind.

I make a ring mold out of this and spoon the dressing into the middle. Good for a potluck or party. Serves many!

"Bill" Dennison
Delta Junction, AK

## HOT TURKEY SALAD

1 c. diced turkey or chicken
1 can cream of chicken soup
1 small onion, chopped fine
1 c. cooked white rice
3 c. mayonnaise
3 hard-boiled eggs, chopped
1 c. diced celery
1/2 c. chopped almonds
1/2 tsp. salt
1 tsp. lemon juice

Mix all ingredients and put into a buttered 9 x 13-inch pan. Top with buttered bread crumbs or potato chips, crushed. Bake at 350° for 30 minutes.

May be made a day ahead and refrigerated. Bake a little longer to take extra chill off ingredients.

Serves 6.

Stella Odsather
Wasilla, AK

## LITE LAYERED SALAD

1 medium head lettuce
1 large green pepper
2 stalks celery
1 (10 oz.) pkg. frozen peas, defrosted and uncooked
1 small onion
8 hard-cooked eggs
Dreamy Dressing (below)

Dreamy Dressing:

1/4 c. skim milk
1/4 c. lemon juice
1 1/2 c. cottage cheese
artificial sweetener (to taste)
tarragon

In order listed, cut or chop ingredients above and layer in oblong pan or large salad bowl, topping with with 4 ounces shredded Cheddar cheese.

Variations: Instead of Dream Dressing, just use mayonnaise. You can also top with bacon bits.

Let set in refrigerator for 24 hours.

Christy Roden
Delta Junction, AK

## MACARONI FRUIT SALAD

1 (7 oz.) box ring macaroni
1 (11 oz.) can pineapple tidbits

1 (8 oz.) jar maraschino cherries, drained
2 (11 oz.) cans mandarin oranges
1 pt. whipped cream or 1 qt. Cool Whip
3 Tbsp. granulated sugar
3 Tbsp. all-purpose flour
2 beaten eggs

Cook macaroni and cool. Drain pineapple and oranges and save juice. Cook juice with sugar, flour and beaten eggs until thick. Cool. Fold into macaroni and fruit. Chill well overnight.

Whip cream and add to macaroni mixture 1 to 2 hours before serving. Keeps well for several days.

Eunice Swanson
Green Valley, AZ

## ORANGE-PINEAPPLE JELLO SALAD

1 small container Cool Whip
1 small container cottage cheese
1 small pkg. orange jello
1 small can pineapple tidbits
1 small can mandarin oranges

Set orange jello according to package directions. Before it jells, add pineapple tidbits and mandarin oranges. Before completely set, add Cool Whip and cottage cheese.

This can also be doubled, using large containers of all ingredients instead of small.

Maribeth Miller
Delta Junction, AK

## SEVEN-LAYER SALAD

1/2 medium head lettuce, shredded
1/2 c. chopped celery
1/2 c. chopped red or green pepper
3/4 c. chopped Spanish onion
10 oz. frozen peas, cooked and drained
1 c. mayonnaise
1 Tbsp. sugar
1 1/2 c. shredded Cheddar cheese
4 strips bacon, crisp cooked and chopped, or 1/4 c. imitation bacon bits

In large salad bowl arrange lettuce, celery, pepper, onion and peas in layers. Spread mayonnaise

evenly over peas. Sprinkle with sugar, then with Cheddar cheese. Cover and refrigerate at least 4 hours or overnight. Sprinkle with bacon just before serving. Makes 6 servings.

Debbie A. Eldridge
Delta Junction, AK

## SPINACH SALAD

1 lb. fresh spinach, washed and torn
2 hard-boiled eggs, chopped
8 slices bacon, fried crisp and crumbled
1/2 can fried onion rings
tomato wedges

Dressing:

1/3 c. oil
1/3 c. catsup
1/3 c. sugar
1/4 c. vinegar
salt
pepper

Deborah Wager
Delta Junction, AK

## TACO SALAD

1 head chopped lettuce
1 lb. hamburger, fried, drained and cooled
8 oz. Cheddar cheese, shredded
1 small can kidney beans, drained
4 medium tomatoes, diced
1 large onion, chopped
1 pkg. taco chips, crushed
1/2-1 pkg. taco chips, crushed
1/2-1 pkg. taco mix seasoning, cooked with hamburger mixture

In a large salad bowl toss lettuce, tomatoes and onion. Add hamburger and kidney beans; toss again. Add taco chips and cheese; toss and serve.

Debbie A. Eldridge
Delta Junction, AK

## 24-HOUR BEAN SALAD

1 can peas, drained
1 can French-cut green beans, drained
1/2 c. chopped onion
1/2 c. sugar
1/2 c. vinegar

1/2 c. vegetable oil
salt (to taste)
celery salt (if desired)

Mix all ingredients together in large bowl; let stand for 24 hours and serve cold.

Kim Perkins
Delta Junction, AK

## VEGETABLE SOUFFLE SALAD

1 (3 oz.) pkg. lemon gelatin
1 c. hot water
1/2 c. cold water
1/2 c. mayonnaise
2 Tbsp. vinegar
1/4 tsp. salt
1 1/4 c. very finely shredded cabbage
1/2 c. radish slices
1/2 c. diced celery
1/4 c. diced green pepper
1 Tbsp. grated onion

Dissolve gelatin in hot water; blend in mayonnaise, cold water, vinegar and salt. Chill until partially set. Beat until fluffy. Add remaining ingredients.

Pour into 1-quart mold; chill until set. Unmold on lettuce. Garnish with sliced radishes.

Louise Reynolds
Jewel Lake Parish
Anchorage, AK

## VEGETABLE SALAD

1 (7 oz.) pkg. ring macaroni
1 can kidney beans, soaked in vinegar 1 hour, drained and rinsed
1 (16 oz.) can French-style green beans, drained
1 (16 oz.) can diced carrots, drained
1 small can pimentos, chopped and drained
1/2 green pepper, diced
1 medium onion, diced
1 c. chopped celery
1 can Spam, diced

Combine above ingredients. Pour dressing over above mixture and refrigerate overnight.

Dressing:

2 c. Miracle Whip
1/2 c. granulated sugar
1 Tbsp. mustard
1/2 pt. whipping cream

Eunice Swanson
Green Valley, AZ

## CRANBERRY SAUCE

6 c. cranberries
3 c. sugar
1 c. water
1 tsp. cinnamon
1 tsp. cloves
juice from 1 lemon

Place in saucepan and boil until the skins pop, about 20 minutes. Put in jars.

This will keep indefinitely in the refrigerator.

Jane Storey
Delta Junction, AK

## CRANBERRY-BANANA SAUCE

3 c. cranberries
1 1/2 c. water
2 c. mashed bananas
7 c. sugar
1/2 bottle pectin

Simmer cranberries in water for 10 minutes; add bananas and sugar. Bring to a rolling boil for 1 minute. Remove from heat and add pectin. Stir and skim and pour into jars and seal.

Ann Geise
Delta Junction, AK

## OLD-FASHIONED HOT CHOCOLATE SAUCE

1 1/2 c. sugar
3 Tbsp. butter
4 oz. Baker's chocolate
1 c. cream
1/4 c. sherry wine
1 tsp. vanilla

Combine sugar, butter, chocolate and cream in top of double boiler; heat until dissolved. Put top of double boiler on low flame and boil, without stirring, for 7 minutes. Do not let it burn! Stir in sherry wine and vanilla. Keep sauce warm in double boiler until ready to use. Makes about 2 cups. Excellent over ice cream.

Linda Mertz
Delta Junction, AK

## CREAMY CHEESE SAUCE

4 Tbsp. butter
1/2 tsp. salt
4 Tbsp. flour
1/8 tsp. pepper
2 1/2 c. milk
1 c. grated American cheese

Melt butter in top of double boiler; blend in flour. Add milk and cook until sauce is thick. Add seasonings and cook for 10 minutes. Add cheese and cook until cheese is melted. Pour over vegetables.

Edith Walker
Delta Junction, AK

## LEMON PINEAPPLE DRESSING

1/4 c. pineapple juice
1/4 c. sugar
1/4 c. lemon juice
1 egg

Combine fruit juices and sugar; bring to a boil, then cool slightly and pour on the beaten eggs, beating constantly. Cook mixture over boiling water until thick, stirring constantly. Combine with 1 cup whipped cream when ready to use, or less cream if a tart salad is desired.

Edith Walker
Delta Junction, AK

## CURRY MUSTARD SAUCE

1/2 c. mayonnaise
2 tsp. mustard
sprinkle of freshly ground black pepper
pinch of paprika
pinch of salt
1/4 tsp. curry powder

Mix well and refrigerate long enough for flavors to blend.

Edith Walker
Delta Junction, AK

## EGG SAUCE

2 Tbsp. butter
1/2 tsp. salt
3 hard-boiled eggs
2 c. milk (2/3 evaporated milk and 1/3 c. water)
4 level Tbsp. flour

Blend in top of double boiler.

Edith Walker
Delta Junction, AK

## BAYOU SHRIMP SAUCE

1 c. catsup
2 Tbsp. horseradish
juice from 1/2 lemon
4 dashes Tabasco sauce
1/2 tsp. dry mustard
1/2 tsp. salt
1/4 tsp. pepper
2 tsp. Worcestershire sauce

Dissolve mustard and salt in lemon juice. Add to other ingredients in mixing bowl. Stir thoroughly.

Edith Walker
Delta Junction, AK

## MUSHROOM SAUCE

1 Tbsp. flour
1 c. water
1/2 lb. mushrooms
2 Tbsp. lemon juice

Make a sauce by adding the flour to the melted butter poured from the meat. Let set until well blended and add the water and sliced mushrooms. Cook until the mushrooms are done. Add the lemon juice and pour the sauce over meat.

Edith Walker
Delta Junction, AK

## HOT MUSTARD SAUCE

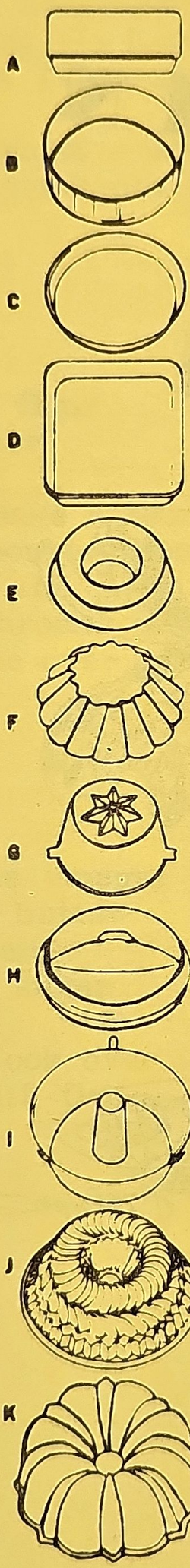
1 c. wine vinegar
2 Tbsp. butter
1 tsp. salt
2 Tbsp. sugar
2 tsp. Worcestershire sauce
3 Tbsp. dry mustard
2 tsp. paprika
2 eggs, well beaten

Cook over low heat until smooth and thickened. Serve with fish.

Edith Walker
Delta Junction, AK

# MAIN DISHES

# Common Kitchen Pans to Use as Casseroles




**WHEN THE RECIPE CALLS FOR:**

**4-cup baking dish:**
9-inch pie plate
8 x 1¼-inch layer-cake pan -C
7 3/8 x 3 5/8 x 2¼-inch loaf pan -A

**6-cup baking dish:**
8 or 9 x 1½-inch layer-cake pan -C
10-inch pie plate
8½ x 35/8 x 25/8-inch loaf pan -A

**8-cup baking dish:**
8 x 8 x 2-inch square pan -D
11 x 7 x 1½-inch baking pan
9 x 5 x 3-inch loaf pan -A

**10-cup baking dish:**
9 x 9 x 2-inch square pan
11¾ x 7½ x 1¾-inch baking pan -D
15 x 10 x 1-inch jelly-roll pan

**12-cup baking dish or over:**

| | |
|---|---|
| 13½ x 8½ x 2-inch glass baking pan | 12 cups |
| 13 x 9 x 2-inch metal baking pan | 15 cups |
| 14 x 10½ x 2½-inch roasting pan | 19 cups |

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## TOTAL VOLUME OF VARIOUS SPECIAL BAKING PANS

**Tube Pans:**

| | |
|---|---|
| 7½ x 3-inch "Bundt" tube -K | 6 cups |
| 9 x 3½-inch fancy tube or "Bundt pan -J or K | 9 cups |
| 9 x 3½-inch angel-cake pan -I | 12 cups |
| 10 x 3¾-inch "Bundt" or "Crownburst" pan -K | 12 cups |
| 9 x 3½-inch fancy tube -J | 12 cups |
| 10 x 4-inch fancy tube mold (kugelhupf) -J | 16 cups |
| 10 x 4-inch angel-cake pan -I | 18 cups |

**Melon Mold:**

| | |
|---|---|
| 7 x 5½ x 4-inch mold - H | 6 cups |

**Spring-Form Pans:**

| | |
|---|---|
| 8 x 3-inch pan -B | 12 cups |
| 9 x 3-inch pan -B | 16 cups |

**Ring Molds:**

| | |
|---|---|
| 8½ x 2¼-inch mold -E | 4½ cups |
| 9¼ x 2¾-inch mold -E | 8 cups |

**Charlotte Mold:**

| | |
|---|---|
| 6 x 4¼-inch mold -G | 7½ cups |

**Brioche Pan:**

| | |
|---|---|
| 9½ x 3¼-inch pan -F | 8 cups |

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## HAMBURGER PIE
(A Meal In One)

1 small onion, chopped
1 lb. ground beef
1/2 tsp. salt
1/4 tsp. pepper
1/2 tsp. m.s.g.
1 (No. 2) can green beans
1 (10 1/2 oz.) can tomato soup
about 2 c. mashed potatoes

Heat oven to 350°. Cook onion in hot fat until yellow; add meat and cook until brown. Add seasoning, drained beans and soup. Pour into 1 1/2-quart baking dish. Spoon mashed potatoes over mixture; bake 30 minutes. Serves 6.

Mary A. Kobierowski
Delta Junction, AK

## SKILLET BEEF AND BEANS

1/2 lb. lean beef
(moose meat is great)
1 chopped onion
1 c. sliced celery
1 Tbsp. soy sauce
1 can mushrooms
2 Tbsp. oil
1 can French-cut green beans
1 Tbsp. cornstarch
1 small jar pimentos (optional)

Cut beef in strips; brown in oil. Add onion, drained beans and celery. (Be sure to save the liquid from the beans and mushrooms.) Cook 4 to 6 minutes, stirring.

Combine cornstarch and soy sauce with liquid, adding enough water to make 3/4 cup if necessary. Add to skillet with mushrooms. Stir, cooking until liquid is shiny. Cover and cook until meat is done. Stir in pimentos and serve with rice.

Christy Roden
Delta Junction, AK

## MEXICAN HOT DISH

1 stick oleo, melted
1 pkg. frozen corn tortillas
1 lb. Longhorn (Colby) cheese, grated
1/2 can chopped green chilies

1 can cream of chicken soup
1 (13 oz.) can evaporated milk
1 chopped onion

Line a 2-quart casserole dish with 1/2 of the corn tortillas, dipped in melted oleo.

On first layer place 1/2 of the cheese, 1/2 onion and 1/2 of the chili. Repeat tortillas, cheese, onion and chilies in another layer.

Pour soup and evaporated milk (combined) over casserole. Bake at 350° for 20 to 35 minutes or until bubbling well.

Linda Mertz
Delta Junction, AK

## CORNED BEEF CHILI

1 can ready to eat corned beef
1 small can kidney beans
1 large can whole tomatoes
1 c. elbow macaroni
1 large can chili beans
1 large onion, chopped
1 Tbsp. hot pepper sauce (optional)
chili powder and garlic powder to taste

In large pot chop corned beef into small chunks. Add all beans (do not drain) and tomatoes, onion, pepper sauce and seasonings. Simmer 1 hour. Add macaroni and simmer 30 minutes.

The pepper sauce adds a little tang. It can be left out, but add more chili powder.

Great cooked on low in crock-pot.

Debbie Eldridge
Delta Junction, AK

## MACARONI CHILI

2 lb. hamburger
shortening
1 (28 oz.) can tomatoes
1 qt. tomato juice or 1 (15 oz.) can tomato sauce plus 1 can water
2 c. chopped onions
3 cloves garlic, minced
2 c. elbow macaroni
salt
2 Tbsp. chili powder
1/2 tsp. pepper
1/2 tsp. ground cumin seed
1/2 tsp. oregano
1 bay leaf
1 (15 oz.) can kidney beans, drained

1 c. sweet mixed pickles, chopped

3 qt. boiling water

Brown hamburger in shortening and drain; add tomatoes, onions, garlic, 4 teaspoons salt and remaining seasonings. Cover and simmer for 1 hour (or longer). Stir in kidney beans and pickles. Cook for 30 minutes. Remove bay leaf. Add 1 tablespoon salt to rapidly boiling water.

Add macaroni gradually so that water continues to boil. Cook macaroni, uncovered, stirring occasionally, until tender. Drain in colander. Combine with chili. Makes 10 servings.

Ann Geise
Delta Junction, AK

## VEGETARIAN CHILI

1 Tbsp. plus 1 tsp. vegetable oil
2 medium carrots, shredded
1/2 c. sliced celery
1/2 c. chopped green pepper
1/2 c. chopped onion
1 garlic clove, minced
2 c. chopped canned tomatoes
2 c. sliced fresh mushrooms
2 c. tomato sauce
6 oz. cooked garbanzo beans
6 oz. navy beans, cooked
6 oz. cooked red kidney beans
1 1/2 tsp. chili powder
1/2 tsp. salt
1/4 tsp. pepper
2 oz. Monterey Jack cheese

In large nonstick skillet heat oil; add carrots, celery, green pepper, onion and garlic. Saute until onion is tender.

Stir in remaining ingredients except cheese; bring to a boil, then simmer 30 minutes, stirring occasionally. Serve each portion of chili with 1/2 ounce cheese. Makes 4 delicious servings of 353 calories each.

Judy Dewar
Delta Junction, AK

## QUICK SPAGHETTI BAKE

1 c. elbow spaghetti
3 slices bacon, finely cut
1/4 c. chopped onion
1 lb. ground beef
1 (4 oz.) can mushrooms

1 (10 oz.) can tomato soup
1/2 c. water
1/2 tsp. oregano
1/2 tsp. salt
1/8 tsp. pepper
1 c. grated cheese

Cook spaghetti; rinse and drain. Saute bacon in skillet on medium heat until partially cooked. Add ground beef, onion and drained mushrooms. Continue cooking until lightly browned. Add soup, water and seasonings; reduce heat and simmer 5 minutes.

Place 1/2 meat sauce over 1/2 cooked spaghetti in greased casserole dish. Sprinkle 1/2 cheese over sauce. Repeat, using remaining spaghetti meat sauce and cheese. Bake at 375° for 20 minutes.

Cay Wright
Delta Junction, AK

## LASAGNE

1 1/2 lb. ground beef
1 glove garlic, minced
1 Tbsp. sweet basil
1 1/2 tsp. salt
1 lb. canned tomatoes
12 oz. tomato paste
10 oz. lasagne noodles
1/2 c. grated Parmesan cheese
1 lb. Mozzarella cheese, thinly sliced
2 eggs
2 Tbsp. parsley flakes
1 tsp. salt
1/2 tsp. black pepper

Brown meat; add next 5 ingredients. Simmer 30 minutes; stir occasionally. Cook noodles until tender; drain and rinse.

Beat eggs; add remaining ingredients, except Mozzarella cheese.

Layer 1/2 the noodles in 9 x 13-inch pan. Spread with 1/2 the egg filling, 1/2 the Mozzarella cheese and 1/2 meat sauce. Repeat. Bake at 375° for 30 minutes. Let stand 10 minutes.

This may be made ahead and refrigerated. Add 15 minutes to baking time.

Cay Wright
Delta Junction, AK

## LASAGNE

1 lb. hamburg
1 clove garlic
1 Tbsp. basil leaves
1 1/2 tsp. salt
1 (1 lb.) can tomatoes
2 (6 oz.) cans tomato paste
10 oz. lasagne noodles
2 eggs
3 c. creamed cottage cheese
1/2 c. Parmesan cheese
2 Tbsp. parsley flakes
1/2 tsp. pepper
1 lb. Mozzarella cheese

Brown meat slowly; drain off fat, then add next 5 ingredients and simmer together, uncovered, for 30 minutes. Stir occasionally.

Cook noodles until tender in salted water; drain and rinse. Beat eggs; add remaining ingredients except Mozzarella cheese.

Layer noodles (half) in 13 x 9 x 2-inch baking dish; spread with 1/2 the cottage cheese mixture. Add 1/2 meat sauce and Mozzarella cheese. Repeat layers. Bake at 375° about 30 minutes.

Serves 8 to 10 people.

Jane Goodman
Delta Junction, AK

## LASAGNA

1 lb. hamburger
garlic salt
1 (No. 2) can tomatoes
1 can tomato paste
1 can water
1 Tbsp. basil
1/2 Tbsp. diced parsley
salt
oregano to taste
8 oz. lasagna noodles
1 Tbsp. oil
1 lb. Mozzarella cheese
3 hard-boiled eggs

Brown hamburger with garlic salt; add tomatoes, tomato paste, water and basil, parsley, salt and oregano. Simmer for 1 hour.

Cook noodles; add oil to boiling water (salted). Drain noodles.

Cover bottom of rectangular baking dish with 1/3 of sauce. Place 1/3 pound Mozzarella cheese (sliced thin) over sauce. Slice egg over this. Add layer of noodles. Cover with 1/3 sauce, 1/3 pound cheese and noodles. Repeat. Cover last layer noodles with sauce

and cheese. Bake in 350° oven for 30 minutes. Be careful to leave enough sauce for top.

Ann Geise
Delta Junction, AK

## "SOUPER" CHICKEN BAKE

1 (3-3 1/2 lb.) fryer, cut up
1 1/2 c. long grain rice
1 pkg. dry onion soup mix
2 (10 1/2 oz.) cans undiluted cream of mushroom soup*
2 1/2 c. water

*Other cream soups may be substituted.

Rinse chicken pieces and pat dry. Place dry rice evenly in greased casserole. Sprinkle entire package of onion soup mix over rice.

Arrange chicken pieces over rice, skin side up. Spoon undiluted soup over chicken. Slowly pour the water over all; bake uncovered in preheated 325° oven for 2 hours.

Cay Wright
Delta Junction, AK

## CHICKEN, BARLEY AND MUSHROOM CASSEROLE

5 tsp. butter
1 1/2 c. sliced celery
1 1/2 c. medium grain barley
1 1/2 c. thinly sliced onions
2 (3 oz.) cans mushrooms, sliced (undrained)
1 1/2 c. chicken bouillon
1 (11 oz.) can mandarin oranges (undrained)
1 tsp. chopped pimiento
1 1/2 tsp. salt
1 tsp. poultry seasoning
10 halved chicken breasts
melted butter in which to dip chicken
dash of pepper

In large skillet melt butter; add barley, celery and onions and cook about 10 minutes or until golden brown. Add mushrooms, including liquid, bouillon, juice from drained oranges, pimiento, salt and seasoning.

Mix well and spread in flat 3-quart baking dish. Brush chicken with melted butter and dip in seasoned flour. Arrange on top of vegetables. Cover with foil and bake in 350° oven for 45 minutes. Remove foil and

arrange oranges around edge of dish and between pieces of chicken. Cover with foil and bake 30 minutes more. Chicken will brown if uncovered last 10 minutes of baking.

Mary L. Lee
Delta Junction, AK

## SAUSAGE-N-BREW STEW

2 lb. Polish sausage
5 large potatoes, cut in chunks
5 large carrots (in 1-inch slices)
2 large onions, chopped
3 Tbsp. butter
1 can beer
garlic and seasonings to taste
1 c. water

Slice sausage into 1-inch chunks. Brown in Dutch oven in 1/2 teaspoon butter until warm. Add onions and seasonings; cook until onions are tender. Add carrots and potatoes, remaining butter, beer and water. Cook over low heat until carrots are tender.

Serve with slices of hot bread. Delicious.

Kevin Eldridge
Delta Junction, AK

## BAKED ZUCCHINI CASSEROLE

2 lb. zucchini
1/2 tsp. salt
1 clove garlic, minced
2 medium onions, minced
3 slices fresh bread, diced
2 Tbsp. minced parsley
1 c. grated Cheddar cheese
4 eggs
1/4 tsp. Worcestershire sauce
1/2 tsp. pepper
1/2 tsp. paprika

Cook diced zucchini in small amount of water with salt; drain. Saute onions and garlic in butter; add squash along with bread.

Mix parsley, cheese and well-beaten eggs. Put into buttered baking dish and set in pan of warm water. Bake in 350° oven for 30 minutes.

Edith Walker
Delta Junction, AK

## CRAB OR SHRIMP QUICHE

1/2 c. mayonnaise
2 tsp. flour
2 beaten eggs
1/2 c. milk

Mix until blended; stir in:

1 c. strained crabmeat
1 (8 oz.) pkg. Swiss cheese, sliced and diced
1/2 c. sliced green onions

Pour into unbaked pie shell; bake at 350° for 40 to 45 minutes.

Edith Walker
Delta Junction, AK

## QUICHE

2 c. milk, scalded and cooled
1-1 1/2 c. chopped vegetables (cauliflower, broccoli and spinach)
1/2 c. shredded cheese (Swiss or whatever type desired)
3 eggs
1/4 tsp. salt
1/8 tsp. pepper
dash of nutmeg
1 (9-inch) baked pastry shell

Combine cheese and vegetables; add to pie shell. Combine eggs, salt, pepper and nutmeg with cooled milk. Pour over cheese and vegetables. Bake 35 to 40 minutes at 375° or until top is golden brown.

Debbie Anderson
Delta Junction, AK

## ALASKA SALMON QUICHES

16 oz. cooked salmon, flaked
4 green onions, chopped
8 eggs
4 c. whipping cream
1 tsp. salt
1/2 tsp. sugar
1/4 tsp. cayenne red pepper

Prepare pastry for two 1-crust pies. Divide salmon and onions between pastry-lined pie plates.

Beat eggs slightly; beat in whipping cream, salt, sugar and red pepper.

Heat oven to 425°. Pour half of the egg mixture on salmon and onions in each pie plate; bake 15 minutes. Reduce oven temperature to 300° and bake until knife inserted 1 inch from edge comes out clean, about 45 minutes. Let stand 10 minutes before cutting.

Makes 12 servings.

Jane Storey
Delta Junction, AK

## SALMON CASSEROLE

20 oz. frozen broccoli, thawed and drained
1 1/2 c. cooked brown rice
1 can cream of mushroom soup
2 cans salmon, drained (or 2 1/2 c. leftover baked salmon)
1 tsp. dill seed
4 hard-boiled eggs
1/2 c. Parmesan cheese

Prepare White Sauce:

4 Tbsp. melted butter
4 Tbsp. flour
2 c. milk
salt and pepper

Cook over low heat until sauce is smooth and thick. Now stir in chopped, boiled eggs.

Layer rice, then thawed broccoli and salmon in an ungreased casserole dish. Spread egg sauce, mixed with mushroom soup, over top. Sprinkle dill seed and cheese on top. Bake at 300° for 1 hour and 15 minutes.

Jane Jennings Tolman
Wassilla, AK

## TUNA CASSEROLE

1 1/2 c. broken noodles
1 can mushroom or chicken soup
1/2 c. evaporated milk
1 (7 oz.) can tuna
1 c. grated cheese
1/3 c. chopped onion
1/2 c. crushed potato chips

Cook noodles in unsalted water; drain and mix with soup, milk, drained tuna, cheese and onion.

Pour into greased 1 1/2-quart baking dish and

top with potato chips. Bake at 425° for 15 minutes, until bubbly hot. Makes 4 servings.

Cay Wright
Delta Junction, AK

## MUSHROOM MOOSE CASSEROLE

1 large onion
1 or 2 lb. round steak
1 can mushroom soup
1 small can mushrooms

Pound steak with salt and pepper and flour. Brown diced onion in lard or oil in a large skillet. Remove when browned slightly.

Brown steak in the same skillet, turning with spatula to keep from sticking. Brown quickly. Remove from skillet to large casserole. Layer with sauteed onion. In the skillet add mushroom soup and 1 can water. One can mushrooms, drained, may be added.

Stir and heat until smooth and bubbly. Pour over steak and onion. Cover and bake at 350° for 1 hour.

Leona Risley
Palmer, AK

## GERMAN SKILLET

8 oz. hamburger, broiled
1 c. sauerkraut
2 oz. onion, chopped
1/4 c. uncooked Minute rice
1 c. tomato juice
salt and pepper to taste

In skillet spread kraut. Sprinkle with rice, onion and thin hamburger crumbles. Pour tomato juice over all; cook over low heat until done (approximately 30 minutes).

Cay Wright
Delta Junction, AK

## BEEF PIE WITH BISCUITS

3 rounded tsp. granulated beef bouillon or soup base
3 c. boiling water
1/2 c. chopped onion
6 Tbsp. butter or margarine
1/2 c. flour
1 tsp. salt
1/4 tsp. black pepper
3 c. cooked, cubed beef
1 can drained peas and carrots

1 can corn
dash of parsley

Dissolve bouillon in boiling water. In saucepan saute onion in butter. Blend in flour, salt and pepper. Stir soup broth into flour mixture all at once; cook until thickened. Add beef, vegetables and parsley.

Pour into 2 1/2-quart casserole; top with home-made or store biscuits, overlapping around edge of hot meat mixture. Bake at 450° for 20 to 25 minutes.

Yield: 6 to 8 servings.

Heidi Lee
Delta Junction, AK

## PIZZA

1 pkg. dry yeast
1 c. warm water
1 tsp. sugar
1 tsp. salt
2 Tbsp. salad oil
2 1/2 c. flour

Sauce:

1/2 c. chopped onion
1 can tomato paste
1/4 tsp. salt
1/8 tsp. minced garlic
1/8 tsp. pepper
2 tsp. oregano

Note: Sauce is best if let set.

Dissolve yeast in water; add rest of ingredients. Let rest 5 minutes.

Oil 2 regular or 1 deep-dish pizza pan (a cookie sheet also works well). Oil your hands and spread dough in pans, making an edge. Top with your favorite sauce, pepperoni, cheese, etc. Bake at 425° for 20 to 25 minutes.

Heidi Lee
Delta Junction, AK

## SAN FRANCISCO STEW

1 lb. hamburger
1 (1 lb.) can pork and beans
1 small can tomato soup
1/4 c. brown sugar
1 small to medium chopped onion
1/2 lb. diced bacon

Brown hamburger and onion; drain fat. Add beans, tomato soup and sugar. Simmer 10 to 15

minutes. Add fried bacon and bake at 350° for 35 minutes, uncovered.

Mrs. Mary E. White
Delta Junction, AK

## PEA PODS AND BEEF
(Serves 4)

1 1/2 lb. boneless sirloin steak (1 1/4 inches thick)
3 Tbsp. sherry
2 Tbsp. soy sauce
1 tsp. sugar
1/2 tsp. ginger
1 clove garlic, minced
3 Tbsp. oil
1 pkg. frozen snow peas
1 can sliced and drained water chestnuts
1 can drained bamboo shoots
1 c. 1-inch green onion slices
1 c. fresh sliced mushrooms
2 beef bouillon cubes, crumbled
1 c. water
2 Tbsp. cornstarch
1 1/2 tsp. salt

Partially freeze meat to make slicing easier. Cut meat diagonally into thin slices.

Combine sherry, soy sauce, sugar, ginger and garlic to make marinade. Pour over meat and refrigerate 1 hour.

Heat oil in wok or heavy frypan; stir and cook meat 1 minute until grey in color over medium-high heat.

Add pea pods and marinade; stir and cook over high heat 1 minute. Add mushrooms, bamboo shoots, water chestnuts and onion; stir and cook over high heat 2 minutes.

Combine remaining ingredients; add and cook over medium-high heat until sauce is clear and thickened.

Gail Shetler
Delta Junction, AK

## GRITS CHEESE PUFF

1 c. grits
4 c. boiling, salted water
6 eggs
4 Tbsp. butter
12 oz. sharp Cheddar cheese, grated

Cook grits in boiling, salted water (1 teaspoon salt) for 5 minutes, stirring frequently. Remove from heat and beat in eggs, one at a time. Add butter and

10 ounces of the cheese and mix well. Place in preheated 350° oven for 45 minutes. Serves 6 to 8, depending on appetite.

I serve this as a Sunday brunch dish with a compote of diced cantaloupe, honeydew melon, red apples and chopped pecans, dressed with a drizzle of honey and lemon juice and pork sausage links.

"Bill" Dennison
Delta Junction, AK

## FRIED RICE

2 Tbsp. chopped onion
1/2 c. mushroom stems and pieces, drained
1/2 c. finely chopped, cooked chicken, pork or ham
2 Tbsp. cooking oil
4 c. cold cooked rice
2 Tbsp. soy sauce
1 egg, well beaten
2 Tbsp. minced parsley
1/8 tsp. pepper

Saute onion, mushrooms and chicken (pork or ham) in oil in large skillet until tender; add rice and soy sauce. Cook over low heat 5 to 10 minutes. Stir occasionally with fork. Add egg, parsley and pepper. Cook over low heat 5 minutes; stir constantly with fork until egg is set. Serves 5.

Debbie A. Eldridge
Delta Junction, AK

## TACO CASSEROLE

1 regular-size can refried beans
1/2 lb. ground and seasoned hamburger
1 small can chilies
1 regular jar green taco sauce
1 pkg. taco seasoning
1 c. shredded Monterey Jack cheese
1 c. shredded Cheddar cheese
1 c. sour cream
1 small can sliced olives

Serves 3. In 1 1/2-quart casserole layer refried beans, then hamburger that has been browned, with taco seasoning and 1/2 cup water added. Add chilies and green taco sauce and top with cheese.

Cover and bake 1/2 hour at 350°. Add sour cream and olives. Serve with tossed salad and Tostitos.

Cay Wright
Delta Junction, AK

## BREAKFAST CASSEROLE

4 slices bread
1 1/2 lb. link or bulk sausage
1 1/2 c. grated cheese
6 eggs
2 c. milk
1 tsp. dry mustard
1 tsp. salt
dash of pepper

Tear bread into pieces and place in greased 13 x 9 x 2-inch baking dish.

Brown and drain sausage; cut into slices. Spoon meat over bread; sprinkle with cheese.

Beat egg; add milk and dry ingredients. Pour mixture over bread and meat; bake at 350° for 35 to 40 minutes.

Cay Wright
Delta Junction, AK

## SUPPER ON A BREAD SLICE

2/3 c. undiluted evaporated milk
1 1/2 lb. ground beef
1/2 c. fine dry bread crumbs
1 slightly beaten egg
1/2 c. chopped onion
1 tsp. garlic salt
1/2 tsp. salt
1 Tbsp. prepared mustard
2 c. shredded cheese
1 loaf French bread

Combine all ingredients in large mixing bowl; mix lightly but thoroughly to blend. Cut French bread in halves lengthwise.

Spread meat mixture over cut surface of halves. Wrap foil around crust of each half, leaving top uncovered. Bake on cookie sheet in moderate oven (350°) for 25 minutes. Garnish with cheese strips. Return to oven 5 minutes or until cheese melts.

To serve, cut each loaf into 3-inch slices.

Corina Hogan
Delta Junction, AK

## RICE PILAFF

3/4 cube butter
1 scant c. rice
1 green onion, sliced
1 tsp. salt
pepper to taste
1 can beef consomme
1 soup can water
1/2 tsp. fines herbes

Melt butter in frying pan; brown slowly to golden brown. Add rice. Put in casserole and add seasonings.

Have consomme and water heated to boil and pour over rice in casserole; stir and cover. Bake at 350° for 45 minutes to 1 hour. You can bake at 300° or 325° with roast. Serves 4 adults.

Deborah Wager
Delta Junction, AK

## COTTAGE CHEESE PATTIES

Patties:

1 c. oatmeal
1 c. cottage cheese
1 tsp. sage
1 Tbsp. brewer's yeast (optional)
2 eggs
1 pkg. onion soup mix
3 Tbsp. wheat germ

Sauce:

1 (6 oz.) can tomato sauce
1 c. water
1 can mushrooms and juice
1 Tbsp. oil
pinch of oregano
pinch of Italian seasoning
onion to taste
garlic powder to taste
Parmesan cheese (optional)

Patties: Mix ingredients; form patties and fry on low heat. Place in casserole.

Sauce: Combine ingredients and simmer 10 to 15 minutes. Pour sauce over patties. Cover and bake 40 to 60 minutes or until most of the liquid is absorbed at 350°.

Replaces meat dish at a meal.

Linda Mertz
Delta Junction, AK

## SPAGHETTI SAUCE

1 1/2 lb. ground meat
1 large green pepper, diced
1 medium onion, diced
1 clove garlic, chopped
3 tsp. oregano
1/8 tsp. red (cayenne) pepper
pinch of thyme
pinch of marjoram
2 (12 oz.) cans tomato paste
3 cans water
salt and pepper
1 small can mushrooms

Brown ground meat; drain fat. Add meat, green pepper, onion and garlic to large pot. Add tomato paste, water and spices. Cook 6 to 8 hours on low heat or in crock-pot. Serve over pasta or use in Italian dishes as needed.

You may use any type of meat, such as beef, moose, etc. Makes about 5 quarts.

Toni Lee
Delta Junction, AK

## ITALIAN MEAT SAUCE

1/2 c. sliced onion
2 Tbsp. oil
1 lb. ground beef
2 cloves garlic, minced
2 (1 lb.) cans tomatoes
2 (8 oz.) cans tomato sauce
1 (4 oz.) can mushrooms
1/4 c. chopped parsley
1 1/2 tsp. oregano
1 tsp. salt
1/4 tsp. thyme
1 bay leaf
1 c. water

In large skillet cook onion in hot oil until almost tender; add meat and garlic and lightly brown. Add remaining ingredients and simmer uncovered 2 to 2 1/2 hours or until sauce is nice and thick; stir occasionally.

Remove bay leaf and serve over hot spaghetti (approximately 1 pound dry spaghetti). Pass Parmesan cheese. Makes 6 servings.

Cay Wright
Delta Junction, AK

## TURKEY DRESSING

1 loaf bread (remove crust and break the night before)

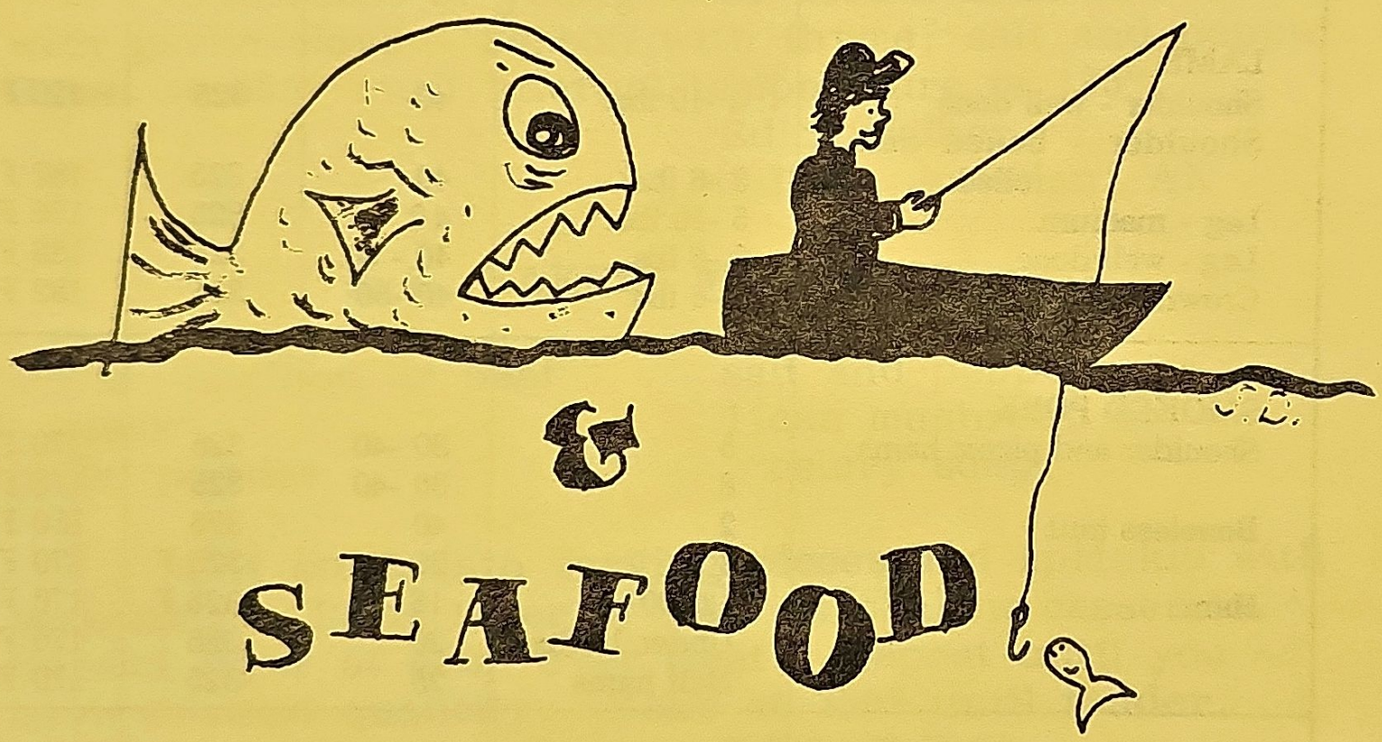
Brown in 1/2 pound oleo or butter, then add:

1/2 c. onion
1 c. chopped celery
2 Tbsp. dry parsley
1 1/4 tsp. salt
1/2 tsp. pepper
1 tsp. poultry seasoning or sage
2/3 c. water

After browning the bread, combine the rest of the ingredients and stuff the turkey.

Jane Goodman
Delta Junction, AK

# MEATS POULTRY & SEAFOOD



# Meat Cooking Chart

| ROASTING | WEIGHT | MINUTES PER LB. | Oven Temp. | Internal Temp. |
|---|---|---|---|---|
| **FRESH PORK** | | | | |
| Rib and loin | 3 - 7 lbs. | 30 -40 | 325 | 175 F |
| Leg | 5 lbs. | 25 -30 | 325 | 170 F |
| Picnic shoulder | 5 - 10 lbs. | 40 | 325 | 175 F |
| Shoulder, butt | 3 - 10 lbs. | 40 50 | 325 | 170 F |
| Boned and rolled Shoulder | 3 - 6 lbs. | 60 | 325 | 170 F |
| **BEEF** | | | | |
| Standing ribs - rare | 3 -7 lbs. | 25 | 325 | 135 F |
| -medium | 3 -7 lbs. | 30 | 325 | 165 F |
| -well done | 3 -7 lbs. | 35 | 325 | 170 F |
| For rolled and boned roasts, increase cooking time 5 to 12 minutes. | | | | |
| **LAMB** | | | | |
| Shoulder - well done | 4 -10 lbs. | 40 | 325 | 190 F |
| Shoulder - boned and rolled | 3 -6 lbs. | 40 | 325 | 182 F |
| Leg - medium | 5 -10 lbs. | 40 | 325 | 175 F |
| Leg - well done | 3 -6 lbs. | 40 - 50 | 325 | 182 F |
| Crown - well done | 3 -6 lbs. | 40 -50 | 325 | 182 F |
| **SMOKED PORK** | | | | |
| Shoulder and picnic hams | 5 | 30 -40 | 325 | 170 F |
| | 8 | 30 -40 | 325 | 175 F |
| Boneless butt | 2 | 40 | 325 | 180 F |
| | 4 | 25 | 325 F | 170 F |
| Ham | 12 -20 | 16 -18 | 325 F | 170 F |
| | Under 10 lbs | 20 | 325 | 175 F |
| | Half hams | 25 | 325 | 170 F |
| **VEAL** | | | | |
| Loin | 4 -6 lbs. | 35 | 325 F | 175 F |
| Leg | 5 -10 lbs. | 35 | 325 | 175 F |
| Boneless shoulder | 4 -10 lbs. | 45 | 325F | 175 F |
| **POULTRY** | | | | |
| Chicken | 3 -5 lbs. | 40 | 325F | 170 F |
| Stuffed | over 5 lbs. | 30 | 325 | 170 F |
| Turkey | 8 -10 lbs. | 20 | 325 | 175 F |
| | 18 - 20 lbs. | 14 | 325 | 175 F |
| Duck | 5 -10 lbs. | 30 | 325 | 175 F |

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## GENERAL METHODS OF COOKING GAME MEAT

Bear, whale and beaver may be prepared by a pork recipe.

Moose, buffalo or walrus may be prepared by following directions for beef.

Rabbit, squirrel and muskrat (after soaking) may be cooked like chicken. Rabbit must be well done.

Caribou, deer and reindeer may be done according to lamb or mutton recipes.

Wild rabbit should be soaked overnight in baking soda, salt and water.

Edith Walker
Delta Junction, AK

## ROAST BEAR

Use roast of young bear with a little fat. Stud with garlic clove. Season with thyme, salt and pepper. Roast at 350° until internal temperature is 185°.

Edith Walker
Delta Junction, AK

## E-Z BAKED MOOSE STEAK

moose, caribou or beef steak
onion powder
salt and pepper
1 can mushroom or celery soup

Cut steak into serving pieces and sprinkle with seasoning. Place layer of meat in shallow casserole. Spread layer of soup over meat. Repeat until you have desired quantity. Bake at 350° until tender.

Edith Walker
Delta Junction, AK

## CARIBOU-MOOSE ROAST

1 roast
2 medium potatoes
1 small zucchini squash
2 medium carrots
1 onion
salt and pepper
3-4 pats butter (not margarine)
4-5 slices bacon

Place the roast on a large piece of foil inside a baking dish. Slice vegetables over and around roast. Salt, pepper and spice to taste. Place pats of butter on top and cover everything with the bacon. Close tightly with the foil and bake in medium oven (250° to 300°) for 2 to 3 hours. Check for doneness.

Edith Walker
Delta Junction, AK

## MOOSE RUMP ROAST

1 (4 or 5 lb.) moose rump roast
salt and pepper
flour
Crisco
garlic and onion salt

Prepare a frozen roast just as you would a thawed roast, in this manner. Trim off objectionable gristle or strong fat. Sprinkle roast generously with seasoning and rub carefully with Crisco, generously, and sprinkle lightly with flour. This Crisco and flour may be necessary only if your meat is very lean.

Sear in 500° oven for 20 minutes, then turn down to 325° and roast for 3 hours for medium (pink inside) or 4 hours for well done. Two and one-half hours will be about right for "rare."

Edith Walker
Delta Junction, AK

## MOOSEBURGER MEAT LOAF

1 1/2 lb. mooseburger
2 slices bacon, cut fine
1 tsp. salt
1 c. raw potatoes, grated
1 c. raw carrots, grated
1 small onion, grated
1 small can mushrooms and liquid
1/2 c. fine dry bread crumbs
1 tsp. chili powder
2 eggs, beaten light with 1/2 c. water
1/2 c. finely chopped celery

Combine and bake in moderate oven until done.

Edith Walker
Delta Junction, AK

## MOOSE MEAT DELUXE

A moose roast can be frozen or not. Grease pan; lay foil in pan large enough to cover roast. On foil sprinkle salt, pepper, garlic and onion salt.

Put roast in foil; over roast pour a can of cream of mushroom soup. Season again on top of roast; close foil tightly, leaving room for steam. Place in a slow oven for 3 to 4 hours.

Edith Walker
Delta Junction, AK

## CHICKEN STRATA

8 slices day-old white bread
2 c. diced, cooked chicken or turkey
1/2 c. chopped onion
1/2 c. chopped green pepper
1/2 c. finely chopped celery
1/2 c. mayonnaise
dash of pepper
2 slightly beaten eggs
1 1/2 c. milk
1 can condensed cream of mushroom soup
1/2 c. shredded sharp American cheese

Butter 2 slices bread; cut in 1/2-inch cubes and set aside. Cut remaining bread in 1-inch cubes; place half of unbuttered cubes in bottom of 9 x 9 x 2-inch baking dish.

Combine chicken, vegetables, mayonnaise and pepper; spoon over bread cubes. Sprinkle remaining unbuttered cubes over chicken mixture.

Combine eggs and milk; pour over all. Cover and chill 1 hour or overnight. Spoon soup over top. Sprinkle with buttered cubes; bake in slow oven (325°) for 50 minutes or until set. Sprinkle cheese over top last few minutes of baking. Makes 6 servings.

Betty Growther
Palmer, AK

## CHICKEN FRICASSEE

1 (4-5 lb.) fowl
few celery tops
salt and pepper
1/2 medium-sized onion
sprig of parsley

Place whole or disjointed chicken, seasoning and enough cold water to cover in pot. Cover tightly and simmer gently until tender.

Thicken gravy. (For each cup of liquid use 2 tablespoons fat, melted, and 2 tablespoons flour.) Stir flour in hot fat and cook until brown. Stir hot liquid gradually into flour and fat mixture. Boil gently for 5 minutes to thicken.

Irene H. Potwin
Delta Junction, AK

## MAGICALLY MOIST CHICKEN

2 1/2-3 lb. cut chicken (fryer)
1/2 c. mayonnaise
1 c. Progresso bread crumbs (Italian style)

Brush chicken with mayonnaise; shake in bag full of crumbs, one piece at a time. Place on rack in brioler pan and bake at 425° for 40 to 45 minutes.

Tomato Variation: Add 1/2 cup onion to crumbs and 1/4 cup catsup to mayonnaise.

Mustard Variation: Add 2 tablespoons mustard and 2 teaspoons horseradish (drained) to mayonnaise.

Lindy Couch
Fairbanks, AK

## FLOWERING PLUM CORNISH HENS

4 Cornish hens, split
1 tsp. seasoned salt
2 large oranges, sliced
1/4 c. margarine, melted
1/4 c. diced onion
1 tsp. ginger
1 tsp. Worcestershire sauce
1 1/2 tsp. prepared mustard
1/3 c. chili sauce
1/4 c. soy sauce
1 (6 oz.) can thawed frozen lemonade
1 (1 lb.) can purple plums, drained and pureed
1/4 c. shredded coconut

Sprinkle hens with seasoned salt. Arrange oranges in shallow roasting pan. Place hens, skin side up, over oranges. Bake in 350° oven for 45 minutes.

Combine all remaining ingredients, except coconut, in saucepan and blend well. Simmer, stirring frequently, for 15 minutes. Pour plum sauce over hens;

bake 20 minutes longer, basting frequently.

Arrange hens on heated platter and top with pan drippings. Sprinkle with coconut.

Makes 4 to 6 servings.

Judy Dewar
Delta Junction, AK

## RUFFED GROUSE IN WHITE WINE

2 ruffed grouse, cut up
2 Tbsp. vegetable oil
3/4 c. mushrooms
8 small white onions
1 c. white wine
1 c. water
1 chicken bouillon cube
1 clove garlic, chopped
1/4 tsp. pepper
1/2 lb. fresh green beans, cut lengthwise into strips

Brown grouse in oil in Dutch oven; remove grouse. Add mushrooms and onions. Cook and stir until tender, adding more oil if necessary.

Return grouse to Dutch oven; stir in wine, water, bouillon cube, garlic salt and pepper.

Heat to boiling; reduce heat, cover and simmer 45 minutes. Add beans; heat to boiling. Reduce heat, cover and simmer 20 minutes longer.

Very good.

Jane Storey
Delta Junction, AK

## CROCK-POT VENISON STEW

1 lb. venison, cut up
3 carrots, cut up
1 large onion
3 stalks celery, sliced
1 can stewed tomatoes
1/2 tsp. cloves
2 bay leaves

Put ingredients in crock-pot. Mix thoroughly and cook on low for 10 hours.

Jane Storey
Delta Junction, AK

## FRIED WILD RABBIT

salt
vinegar
1 bay leaf
garlic powder
onion powder
dried parsley

meat tenderizer
soy sauce
1 c. flour

Clean rabbit; soak overnight in salt water. Cut into pieces; soak pieces in water, salt, vinegar, bay leaf and dash of garlic powder for 1/2 day. Remove and rinse. Season with salt, pepper, parsley, garlic and onion powder, meat tenderizer and a dash of soy sauce. Set for a few hours.

Heat oil in skillet; dip pieces in flour and fry until brown. Cook on low heat until done.

Gravy: Add water; thicken if necessary with flour.

Linda Mertz
Delta Junction, AK

## BARBEQUED RABBIT

12 rabbit parts (legs and backs)
1 c. flour
4 Tbsp. shortening
3 eggs, well beaten
favorite barbecue sauce

Melt shortening in skillet on medium heat. Dip rabbits in eggs, then in flour. Brown until golden brown.

Place rabbits in roaster pan. Pour barbecue sauce over to cover and place in 350° oven for 1 1/2 hours.

Ruth Chaney
Delta Junction, AK

## HASENPFEFFER
(Spiced Rabbit)

1 rabbit
4 whole allspice
1/4 tsp. mustard seed
12 whole cloves
1 tsp. salt
1 Tbsp. salt
1/2 c. vinegar
2 Tbsp. shortening
2 c. water

Cut rabbit up and brown in shortening; transfer rabbit to covered baking dish. Using shortening remaining in pan, add flour to make brown gravy, then add 1 cup water, vinegar and spices. Simmer a few minutes

and pour over meat. Cover and bake 2 hours at 275°. Meat must fall from bone.

Men just love this!

Jane Storey
Delta Junction, AK

## PTARMIGAN IN SOUR CREAM

2 ptarmigan, cut up
2 c. sour cream
2 Tbsp. wine
1 Tbsp. paprika
1 Tbsp. garlic salt

Brown ptarmigan in butter, then place in Dutch oven.

Mix sour cream, wine, paprika and garlic salt together. Pour this over ptarmigan and roast in a 350° oven until bird is tender.

This is very good.

Jane Storey
Delta Junction, AK

## BAKED PTARMIGAN ALASKA

4-8 ptarmigan breasts
2-3 well-beaten eggs
cracker or bread crumbs (I use Contadina crumbs or Italian herb flavor)
1 1/2 c. cream (heavy)
1/2 c. sherry wine
2 Tbsp. oil
2 Tbsp. butter

Dip breasts in eggs, then in crumbs, then eggs and crumbs again.

In heavy skillet melt oil, then add butter (by melting oil first, butter will not burn and meat won't stick). Saute breasts until golden brown. As pieces brown, remove them to Dutch oven or baking dish. When all are done, pour over them cream, which has been well blended with sherry. Bake in a 350° oven for 3 hours (or at 375° for 2 hours) or until well done. Serve with rice or noodles.

You may substitute rabbit or grouse for ptarmigan.

Tracy Blais
Delta Junction, AK

## BROCCOLI-STUFFED FISH ROLLS

4 fresh or frozen fish fillets (I use haddock)
1 (10 oz.) pkg. frozen broccoli spears
4 green onions, halved lengthwise
2 tsp. butter or margarine
3 Tbsp. dry white wine
1/4 tsp. celery salt
2 Tbsp. water
1 c. chopped celery
1 1/2 tsp. cornstarch
4 cherry tomatoes (optional)

Thaw fish if frozen; separate fillets. Cook broccoli and onions, covered, in a small amount of boiling, unsalted water for 3 minutes. Drain. Dot each fish fillet with 1/2 teaspoon of the butter or margarine.

Place a fourth of the broccoli and onions across the center of each fillet; roll up fish and fasten securely with wood picks.

Place rolls in 8 x 8 x 2-inch baking dish. Combine wine, celery, salt and water; sprinkle over fish. Cover and bake in a 400° oven for 30 to 35 minutes.

Remove fish to serving platter; keep warm. Measure the pan juices, adding enough water to equal 3/4 cup liquid. Cook celery in the 3/4 cup liquid for 3 minutes.

Combine cornstarch and 1 tablespoon cold water; stir into the celery mixture. Cook and stir until bubbly; cook 2 minutes more. For garnish, slash tomato skin in an "x"; peel back to form petals. Garnish platter with tomatoes. Serve sauce.

Each serving contains 127 calories, 21 grams protein, 8 grams carbohydrate and 0.6 gram fat.

Dorothy Evans

## SALMON PATTIES WITH EGG SAUCE

2 c. cooked salmon
1 c. bread crumbs
1 onion, diced
1/2 c. green pepper
1/2 tsp. garlic salt

Egg Sauce:

2 Tbsp. butter
2 Tbsp. flour
1 c. milk
3 hard-boiled eggs, chopped

Place all ingredients in large bowl and mix thoroughly. Form patties; dip in flour and fry in medium hot skillet until golden brown on each side.

Egg Sauce: Melt butter and blend in flour; add milk and cook until thick and smooth, stirring constantly. Then add eggs and pour over salmon patties.

Jane Storey
Delta Junction, AK

## DEEP FRIED SALMON

salmon fillet
2 eggs
Bake 'n Fry batter mix
shortening

Cut salmon fillet into 1-inch chunks or cubes. Dip in egg. Roll in Bake 'n Fry batter mix. Deep fry until golden brown.

Jane Goodman
Delta Junction, AK

## BARBECUE MARINADE

1/2 c. salad oil
1/2 c. catsup
1/2 c. wine vinegar
1 1/2 tsp. salt
pepper
1 clove garlic, mashed
dash of soy sauce
dash of Worcestershire sauce

Blend and marinate beef overnight.

Deborah Wager
Delta Junction, AK

## MEAT MARINADE

1 or 2 lb. meat, sliced thin diagonally
4 green onions, sliced
1/2 c. soy sauce
1/2 c. water
1/4 c. sugar
1 Tbsp. sesame seed oil
1 Tbsp. sesame seed
1/2 tsp. garlic powder
1/2 tsp. pepper

Let meat marinate for at least 1 1/2 to 2 hours. Fry meat with the marinade.

If using wild game, let the meat simmer with cover on to tenderize for an hour or more. More

water may need to be added to keep juice over meat. Serve over wild rice.

Jane Goodman
Delta Junction, AK

## ** EXTRA RECIPES **

# VEGGIES

# How To Can Vegetables

## POINTS ON PACKING

**Raw pack.** - Pack cold raw vegetables (except corn, lima beans, and peas) tightly into container and cover with boiling water.

**Hot pack.** - Preheat vegetables in water or steam. Cover with cooking liquid or boiling water. Cooking liquid is recommended for packing most vegetables because it may contain minerals and vitamins dissolved out of the food. Boiling water is recommended when cooking liquid is dark, gritty, or strong-flavored, and when there isn't enough cooking liquid.

## PROCESSING IN A PRESSURE CANNER

Use a steam-pressure canner for processing all vegetables except tomatoes and pickled vegetables.

Directions. - Follow the manufacturer's directions for the canner you are using. Here are a few pointers on the use of any steam-pressure canner:

- Put 2 or 3 inches of boiling water in the bottom of the canner; the amount of water to use depends on the size and shape of the canner.
- Set filled glass jars or tin cans on rack in canner so that steam can flow around each container. If two layers of cans or jars are put in, stagger the second layer. Use a rack between layers of glass jars.
- Fasten canner cover securely so that no steam can escape except through vent (petcock or weighted-gage opening).
- Watch until steam pours steadily from vent. Let it escape for 10 minutes or more to drive all air from the canner. Then close petcock or put on weighted gage.
- Let pressure rise to 10 pounds (240 degrees F.) The moment this pressure is reached start counting processing time. Keep pressure constant by regulating heat under the canner. Do not lower pressure by opening petcock. Keep drafts from blowing on canner.
- When processing time is up, remove canner from heat immediately.

**With glass jars**, let canner stand until pressure is zero. Never try to rush the cooling by pouring cold water over the canner. When pressure registers zero, wait a minute or two, then slowly open petcock or take off weighted gage. Unfasten cover and tilt the far side up so steam escapes away from you. Take jars from canner.

## HOW TO CHECK CANNING JARS

The first step in home canning should take place long before food and equipment are assembled and ready to go. Jars and other supplies should be checked prior to the canning session. In that way, you can replace damaged supplies and purchase new ones to avoid costly delays or inconvenience.

Here are some tips to help you.

**Choosing mason jars.** Jars manufactured especially for home canning generically are called mason jars and must be used when preserving. They are designed with a specially threaded mouth for proper sealing with mason lids. So, can with standard mason jars only.

**Preparing glass jars.** Check all jars, rings, and lids carefully. Discard any with nicks or cracks in top sealing edge and threads that may prevent airtight seals. Rings should be free of dents or rust. Select the size of closures - widemouth or regular - that fits your jar. Wash jars in hot, soapy water and rinse well. Then place in boiling water for 10-15 minutes. Keep jars in hot water until ready to use. Boil lids according to package directions.

**Closing glass jars.** Always wipe jar rim clean after food product is packed. Place lid on jar with button side up. Screw rings on firmly, but don't force. Do not re-tighten rings after processing or cooling.

A new lid that snaps down and clicks as the jar cools, providing visible proof of sealing, called Magic Button (R) is made by Owens-Illinois. Its read button pops up when the seal is broken. The Magic Mason jars that go with the special lids have metric measurements as well as customary U.S. measurements molded on the side.

**Jar transfer.** Use jar lifter or long-handled canning tongs to transfer jars to and from canner safely. Place hot jars on rack or towel, allowing 2-inches of air space on all sides for jars to cool evenly.

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## ACORN-CARROT BAKE

1 (1-1 1/4 lb.) acorn squash
1 c. cooked, sliced carrots
2 tsp. margarine
dash of ground nutmeg
dash of cinnamon

Bake pricked acorn squash on baking sheet at 350° until tender, 45 to 50 minutes.

Cut squash in halves; remove and discard seeds and membranes. Scoop out pulp, being careful not to tear shells; reserve shells.

Combine squash pulp with carrots and margarine and process until pureed in blender or food processor.

Divide mixture into reserved shells. Sprinkle each with nutmeg and cinnamon. Reheat 10 to 15 minutes or wrap in foil, refrigerate and reheat when ready to use. Makes 2 servings, 104 calories each.

Judy Dewar
Delta Junction, AK

## BROCCOLI CASSEROLE

2 (10 oz.) pkg. frozen broccoli, cooked
1/2 c. mayonnaise
1 Tbsp. lemon juice
1/2 c. sharp Cheddar cheese
1 can cream of mushroom soup

Place cooked broccoli in buttered casserole. Combine mayonnaise, lemon juice, cheese and soup; pour over broccoli. Bake at 350° for 20 minutes.

Deborah Wager
Delta Junction, AK

## COPPER PENNIES

2 lb. carrots, sliced and cooked
1 or 2 sliced green peppers
1 or 2 sliced onions
1 can tomato soup
3/4 c. sugar
1/2 c. salad oil
3/4 c. vinegar
1 tsp. prepared mustard
1 tsp. Worcestershire sauce

Mix all ingredients except vegetables. Layer the carrots, peppers and onions in a deep dish. Salt and pepper each layer. Then pour sauce over all. Refrigerate 10 to 14 hours before serving. Serves 16.

Gladys Earles

## HARVARD BEETS

2 c. cooked beets
1/3 c. sugar
1 Tbsp. cornstarch
pinch of salt
pinch of cloves
1/3 c. cider vinegar

Cook all ingredients, except beets, until clear, stirring continuously. Add beets and simmer. Add 2 tablespoons butter.

Serves from 1 to 4, depending upon how well you like beets.

Ann Geise
Delta Junction, AK

## MARINATED VEGETABLES

1 can small peas
1 can French-cut green beans
1 can white or yellow whole kernel corn
1 c. green pepper, diced
1 c. celery, diced
1 c. green onions, chopped
1 jar pimientos, diced

Drain liquid from peas, beans and corn. (Reserve for adding to a soup if you wish.) Mix together:

3/4 c. vinegar
1/2 c. vegetable oil
1 c. sugar
1 tsp. salt
1 tsp. pepper
1 Tbsp. water

Boil to dissolve sugar; cool and pour over mixed vegetables. Stir through. Refrigerate several hours or overnight before serving. Will keep two weeks in refrigerator.

Loretta Nistler
Delta Junction, AK

## MARINATED VEGETABLES

Marinade:

3/4 c. sugar
2/3 c. white vinegar
1 c. salad oil
1 clove garlic, pressed
1 tsp. salt
1 tsp. pepper

Marinate overnight the following vegetables (all drained):

1 can garbanzo beans
1 can dark red kidney beans
1 can water chestnuts, sliced
1 lb. cooked fresh string beans (or 1 can)
1 can small peas
1 can corn
1 small can pimentos, chopped
6 cooked fresh carrots
5 green onions, chopped
1 green pepper, chopped

Deborah Wager
Delta Junction, AK

## PINEAPPLE-STUFFED YAMS

2 (6 oz.) yams, scrubbed and baked
4 tsp. margarine
1/2 c. crushed canned pineapple
1/4 tsp. apple pie spice (or to taste)
dash of salt

Preheat oven to 400°. Cut each cooked yam in halves lengthwise. Scoop pulp into mixing bowl, leaving firm shells. Mash pulp until smooth; stir in margarine, pineapple, apple pie spice and salt.

Spoon 1/4 of yam mixture into each shell, mounding mixture. Bake stuffed shells in shallow baking pan until thoroughly heated, about 15 minutes. Next, broil until slightly browned, about 3 minutes. Contains 145 calories per serving.

Judy Dewar
Delta Junction, AK

## 24-HOUR POTATOES

8 medium potatoes
butter
1 1/4 c. milk
1/2 pt. sour cream
1 1/2 tsp. salt
1/2 c. Cheddar cheese, grated
1 tsp. dry mustard
1 tsp. dried parsley
paprika

Peel and boil potatoes. When cool, grate coarsely into a buttered casserole dish.

Heat milk, sour cream, salt, cheese, mustard and parsley; pour over potatoes. Dot with butter; sprinkle with paprika. Cover and refrigerate 24 hours. Bake uncovered for 1 hour at 350°.

Note: This is an excellent do-ahead dish for company.

Irene Raymond
Fort Greely, AK

## ZUCCHINI STIR-FRY

2 small zucchini, sliced
1 c. stewed tomatoes, chopped
2 small yellow squash, sliced
1 onion, chopped
Parmesan cheese
garlic salt to taste
1 tsp. butter

In nonstick skillet melt butter. Add vegetables and garlic salt. Stir until tender (about 8 minutes). Shake cheese over top and serve. Great with pasta dishes.

Debbie Eldridge
Delta Junction, AK

## EGG-STUFFED ZUCCHINI

4 medium zucchini squash (about 1 1/2 lb.)
1/2 c. water
1 large tomato, chopped
2 Tbsp. butter
3 beaten eggs
1/4 tsp. salt
dash of pepper
1/2 c. shredded sharp American cheese (2 oz.)
1/4 c. onion, chopped

Halve zucchini lengthwise; scoop out pulp, leaving 1/4-inch shell. Chop pulp to make 1 cup; set aside.

Place zucchini shells, cut side down, in large skillet. Add water; simmer, covered, until just tender (5 to 6 minutes). Drain; turn cut side up in same skillet. Sprinkle with a little salt.

Meanwhile, in medium skillet, cook zucchini pulp, onion and tomato in butter until squash is tender, about 3 minutes. Add eggs, salt and pepper; cook over low heat until just set, lifting with spatula so uncooked portion runs underneath.

Spoon egg mixture into zucchini shells; top with cheese. Cover and heat until cheese melts.

Makes 4 servings.

Ann Geise
Delta Junction, AK

## VEGETABLE QUICK-FRY BATTER

1 c. self-rising flour
3/4 c. ice water
1/2 tsp. cream of tartar
1/2 tsp. baking soda
salt and pepper to taste

This batter is fantastic to use to make onion rings or battered vegetables. Great on fish, too.

Dip vegetables in batter; shake off excess. Deep fry until golden brown.

Debbie Eldridge
Delta Junction, AK

## POTATO DISH

8-9 potatoes
3/4 c. grated Cheddar cheese (reserve 1/4 c.)
1 pt. sour cream
2 cans cream of chicken soup
3-4 green onions
1 c. butter

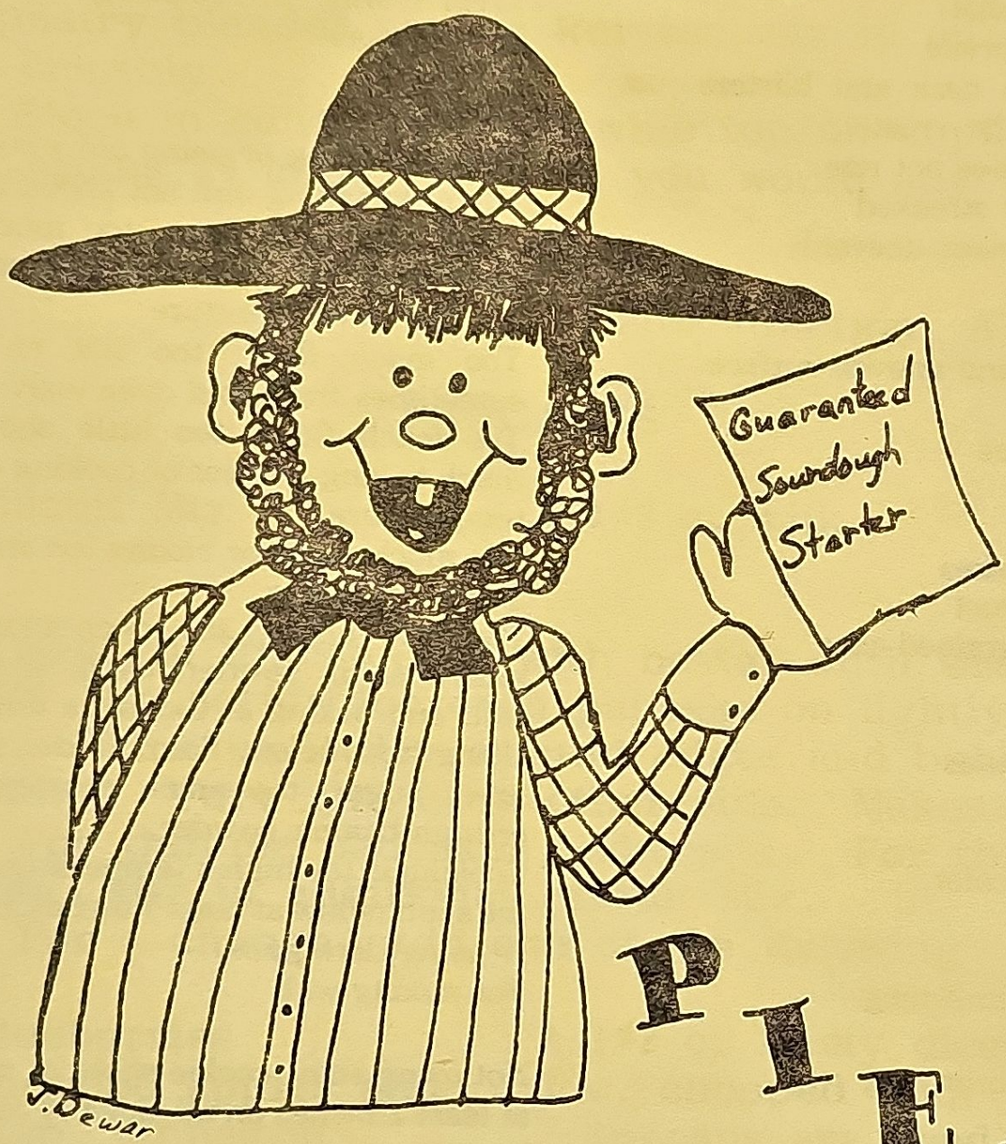
Cook, cool and drain potatoes. Grate into large bowl; add 1/2 cup grated cheese, sour cream and soup (no water) and green onions.

Melt butter in baking dish, then add above ingredients. Sprinkle with reserved 1/4 cup cheese; bake at 350° for 30 to 45 minutes.

Mrs. Mary E. White
Delta Junction, AK

# ** EXTRA RECIPES **

# BREADS
# ROLLS




# PIES
# &
# PASTRY

# Baking Tips

| COMMON PROBLEMS (Common Failures) | CAUSES OF PROBLEMS (Causes of Failures) |
|---|---|
| **Biscuits** | |
| Rough biscuits | Insufficient mixing |
| Dry biscuits | Baking in to slow an oven and handling too much |
| Uneven browning | Cooking in dark surface pan, too high a temperature and rolling the dough too thin |
| **Breads (yeast)** | |
| Porous bread | Over-rising or cooking at too low a temperature |
| Crust is dark and blisters just under the crust | Under-rising |
| Bread does not rise | Over-kneading or using old yeast |
| Bread is streaked | Under-kneading and not kneading evenly |
| Bread bakes unevenly | Using old, dark pans, too much dough in pan, crowding the oven shelf or cooking at too high a temperature |
| **Cakes** | |
| Cracks and uneven surface | Too much flour, too hot an oven and sometimes from cold oven start |
| Dry cakes | Too much flour, too little shortening too much baking powder or cooking at too low a temperature |
| Heavy cakes | Too much sugar or baking too short a period |
| Sticky crust | Too much sugar |
| Coarse grained cake | Too little mixing, too much shortening, too much baking powder, using shortening too soft, and baking at too low a temperature |
| Fallen cakes | Using insufficient flour, under baking, too much sugar, too much shortening or not enough baking powder |
| Uneven color | Cooking at too high a temperature, crowding the shelf (allow at least 2 inches around pans) or using dark pans |
| Uneven browning | Not mixing well |
| **Cookies** | |
| Uneven browning | Not using shiny cookie sheet or not allowing at least 2 inches on all sides of cookie sheets in oven |
| Soggy Cookies | Cooling cookies in pans instead of racks |
| Excessive spreading of cookies | Dropping cookies onto hot cookie sheets; not chilling dough; not baking at correct temperature |
| **Muffins** | |
| Coarse texture | Insufficient stirring and cooking at too low a temperature |
| Tunnels in muffins, peaks in center and soggy texture | Overmixing |
| **Pies** | |
| Pastry crumbles | Over-mixing flour and shortening |
| Pastry tough | Using too much water and over-mixing the dough |
| Pies do not brown (fruit or custard) | Bake at constant temperature (400-425 degrees ) in Pyrex or enamel pie pan |

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## BISCUIT MIX

7 1/2 c. sifted flour
3 c. instant milk
1/4 c. sugar
5 Tbsp. baking powder
1 Tbsp. salt
1 1/2 c. vegetable oil

Use large airtight container. Combine flour, milk, sugar, baking powder and salt in large bowl or container. Make a well in the center. Pour in oil. Using pastry blender or two knives, mix in oil; mixture will be crumbly.

Store in container with wide top on cupboard shelf. Makes 14 cups. Use as you would any biscuit mix.

Toni Lee
Delta Junction, AK

## PANCAKES

2 c. Biscuit Mix
1 egg
1 1/3 c. milk

Beat all ingredients with beater until smooth. Pour 1/4 cup batter for each pancake on lightly greased griddle. Cook until dry around edges and bubbly in the middle. Turn and cook other side. Makes about 13.

For thinner pancakes, add milk. For thicker pancakes, stir in additional Biscuit Mix.

For a change, add one of the following:

1 c. blueberries
1 c. chopped apples and 1/2 tsp. cinnamon
1 1/2 c. finely diced ham
1 c. chopped nuts (pecans are good)
bacon, crisply fried and crumbled

Toni Lee
Delta Junction, AK

## BISCUITS

2 c. Biscuit Mix
2/3 c. milk

Heat oven to 400°. Stir ingredients into soft dough. Beat 30 seconds. If dough is too sticky, add

up to 1/4 cup more Biscuit Mix.

Turn onto lightly floured board; knead 10 times. Roll dough 1/2 inch thick and cut with 2-inch biscuit cutter, dipped in flour. Bake on ungreased baking sheet until golden, 8 to 10 minutes.

Makes 10 to 12 biscuits.

Toni Lee
Delta Junction, AK

## DOUGHNUTS

1 c. sugar
2 Tbsp. shortening
2 eggs
1/4 tsp. nutmeg
1/2 tsp. cinnamon
1 c. milk
4 c. flour
1 tsp. salt
3 tsp. baking powder

Cream sugar and shortening; stir in eggs. Sift together dry ingredients. Add 2 cups dry ingredients to egg mixture; add 1/2 the milk. Add another cup of flour mix, then rest of milk, stirring between each addition. Make dough easy to handle (always start and end additions with flour).

Note: Mixing too much makes for tough doughnuts. Some have better luck when dough is at room temperature.

Gay Bowley
Delta Junction, AK

## BRAN MUFFINS

1 c. brown sugar
1/2 c. butter
1 egg
1 c. milk
1 c. all-bran
1 tsp. soda
1 1/2 c. flour

Cream together sugar and butter; add egg, milk and bran. Let set for 3 minutes and combine soda and flour. Add to mixture; bake at 400° for 20 minutes.

Yield: 1 dozen.

Cay Wright
Delta Junction, AK

## BAKING POWDER BISCUITS

2 c. flour
3 tsp. baking powder
1/2 tsp. salt
4 Tbsp. cold shortening
3/4 c. milk

Sift dry ingredients together; cut in shortening. Add milk. Place on floured board; knead lightly a few seconds. Roll to 1/2-inch thickness and cut with floured round cookie cutter. Bake on greased sheet at 450° for about 12 minutes. Makes about 14 biscuits.

Ann Geise
Delta Junction, AK

## DINNER ROLLS

2 pkg. active dry yeast
1/2 c. warm water (110°-115°)
1/2 c. sugar
1/2 c. shortening
1/2 c. milk
2 tsp. salt
4 1/2-5 c. all-purpose flour
3 eggs

Soften yeast in warm water. In saucepan heat sugar, shortening, milk and salt until sugar dissolves. Cool to lukewarm (105°-115°).

Place in large mixing bowl; stir in 1 1/2 cups of the flour and beat well. Add softened yeast and eggs and beat until smooth. Stir in as much of the remaining flour as you can mix with a spoon.

Turn out onto lightly floured surface; knead in enough of remaining flour to make a moderately stiff dough. Continue kneading 5 to 8 minutes. Shape into a ball. Place in greased bowl; turn. Cover and let rise in warm place until double.

Punch dough down; turn onto floured surface. Cover and let rest 10 minutes. Shape dough into desired rolls. Cover and let rise in warm place until double. If desired, brush with melted butter or margarine. Bake at 400° until done, 10 to 12 minutes. Remove from pans.

Maribeth Miller

## APPLE BREAD

2/3 c. sugar
1/3 c. Crisco
2 eggs
3 Tbsp. sour milk
1 c. grated apple, unpared
2 c. sifted flour
1 tsp. baking powder
1/2 tsp. soda
1/2 tsp. salt
1/2 c. chopped nuts

Mix first 3 ingredients; stir in sour milk and grated apple.

Sift together dry ingredients; add to first mix. Add nuts and bake 50 to 60 minutes in 350° oven.

Cay Wright
Delta Junction, AK

## BEER BREAD

3 c. flour
3 Tbsp. sugar
2 tsp. baking powder
1 tsp. salt
1 can beer

Mix together; put in bread pan lined with foil. Dot with butter and bake 30 minutes at 350°. Dot with butter again and bake 30 minutes longer.

Jane Storey
Delta Junction, AK

## CRANBERRY BREAD

4 c. flour
2 c. sugar
3 tsp. baking powder
1 tsp. soda
2 tsp. salt
1/2 c. shortening
1 3/4 c. water
4 Tbsp. orange Tang
2 eggs
3-4 c. cranberries

Mix just enough to dampen; fold in cranberries. Spoon into greased loaf pans. Spread corners and sides slightly higher than center. Bake until a toothpick inserted in the center comes out clean.

Bake at 350° for 1 hour. Makes 2 loaves.

Ann Geise
Delta Junction, AK

## BREAD-QUICK

2 c. very warm water
2 pkg. dry yeast
1 Tbsp. sugar
2 tsp. salt
5 1/2 c. flour

Put warm water in a large bowl; sprinkle over water the dry yeast and stir. Add sugar and salt; stir. Add flour (1/2 cup at a time).

Work dough (knead) until no longer sticky. Let dough ball rest under plastic wrap, covered by a dish towel, 20 minutes. Punch down. Shape into 1 large or 2 small loaves. Shape like French bread or braid. Slash tops of loaves (not necessary with braid).

Place on greased baking sheet; cover loosely with plastic wrap. Refrigerate 2 to 24 hours.

Preheat oven to 425°. Remove sheet from refrigerator. Remove wrap and bake 30 to 35 minutes.

Carole Rich
Jewel Lake Parish

## EASY BREAD

3 3/4 c. water (lukewarm)
4 Tbsp. yeast
4 Tbsp. sugar
6 Tbsp. melted shortening
8 c. plus flour
4 tsp. salt
1/3 c. dry milk

Mix lukewarm water with the yeast, sugar and shortening. After the yeast bubbles, add the flour, a little at a time, mixing well each time. Add the salt and dry milk while the mixture is still liquidy. After sprinkling flour on a clean area of your counter, grease your hands and knead the dough until it is smooth and elastic and bubbles appear under the surface.

Place in a greased bowl; cover and let rise until double in bulk. Turn out and knead again. Divide in thirds. Form each third of the dough into a loaf shape and place in greased loaf pans. Cover and let rise until double in bulk. Bake at 350° for about 30 minutes.

Ann Geise
Delta Junction, AK

## PINEAPPLE BREAD

1 tsp. baking powder
2 c. flour
1 1/2 c. sugar
dash of salt
1 egg, beaten
1 tsp. vanilla
1 c. nuts (chopped)
1 1/4 c. crushed pineapple (mix juice and all with 1 tsp. soda)

Sift dry ingredients together; add pineapple. Mix egg and vanilla. Add nuts last and bake in loaf pan 1 hour (or more) at 350°.

Cay Wright
Delta Junction, AK

## PUMPKIN BREAD

3 c. flour
1/2 tsp. baking powder
1 tsp. baking soda
1 tsp. nutmeg
1 tsp. ground cloves
1 tsp. cinnamon
1/2 tsp. salt
3 c. sugar
1 c. vegetable oil
3 eggs
1 (16 oz.) can pumpkin
1 c. raisins
1 c. chopped nuts
1 jigger rum

Add dry ingredients to sugar, rum, oil and eggs; mix well. Bake at 350° for 1 hour and 20 minutes. Makes 2 loaves or 1 Bundt pan.

Cindy Moore
Delta Junction, AK

## ROLLED CINNAMON-RAISIN BREAD

1 1/2 c. boiling water
3 Tbsp. granulated sugar
3 3/4 tsp. salt
1 1/2 Tbsp. melted shortening
1 1/2 c. (13 oz.) evaporated milk
1 1/2 Tbsp. yeast
3/8 c. lukewarm water
9 c. flour
sugar
cinnamon
raisins
2 c. boiling water to soak raisins in to soften them

Pour boiling water over sugar, salt and shortening; add milk and cool to lukewarm. Soften yeast in lukewarm water; add to milk mixture. Add flour, 1/2 cup at a time, mixing until smooth each time.

Turn out and knead (grease hands before kneading) until dough is smooth and elastic and bubbles appear under the surface.

Place in a greased bowl; cover and let rise until double in bulk. Turn out and knead again. Divide in thirds. Pat and stretch each to a sheet 9 inches square and about 1/2 inch thick.

Sprinkle with the sugar, cinnamon and raisin combination. Roll up like a jelly roll and place in greased loaf pans, seam side down. Cover and let rise until double in bulk; bake at 375° for 30 to 40 minutes.

Ann Geise
Delta Junction, AK

## ZUCCHINI BREAD

3 eggs, well beaten
1 c. oil
2 c. sugar
2 c. grated zucchini
1 Tbsp. vanilla
1 c. chopped nuts (optional)

Sift together:

3 c. flour
1 tsp. salt
1 tsp. soda
3/4 tsp. nutmeg
1 Tbsp. cinnamon

Mix together eggs, oil, sugar, zucchini, vanilla and nuts. Add dry ingredients and mix well. Bake in 2 greased and floured loaf pans or 1 Bundt pan for 1 hour at 350°.

Christy Roden
Delta Junction, AK

## QUICK AND EASY PIE CRUST

1 1/2 c. flour
1/2 tsp. salt
1/2 c. shortening (at room temperature)
3 Tbsp. water

Stir flour and salt together. With pastry blender work in the shortening until grain in the mixture is pea size. Stir in the water, 1 tablespoon at a time, until the mixture holds together when you gather it into a ball.

Place about 1/3 of the dough onto a floured board and roll out thin with a floured rolling pin. Place pie pan upside down on the dough and cut a circle about 1 inch from the rim around the pie pan. Turn the pan right side up and carefully move the pie crust dough into the pan and flute the edge if it is to be a single crust. If it tears, wet the edges with water and stick on a patch. Try to handle it as little as possible. Do the rest of the pie crusts. Bake at 425° for 12 to 15 minutes.

Ann Geise
Delta Junction, AK

## CRANBERRY PIE

2 c. fresh cranberries
1 1/2 c. sugar
1/2 c. chopped nuts
2 eggs
1 c. flour
1/2 c. melted butter
1/4 c. melted shortening

Preheat oven to 325°. Grease a 10-inch pie pan well. Spread cranberries over bottom. Sprinkle with 1/2 cup sugar and nuts.

Beat eggs, adding remaining sugar gradually. Beat in flour, melted butter and shortening. Pour over cranberries; bake for 1 hour until top is golden brown. Cut in pie wedges. Serve warm or cold with vanilla ice cream.

Linda Mertz
Delta Junction, AK

## CURRANT PIE

1 sq. oleo
2 Tbsp. powdered sugar
1 c. flour

Filling:

2 eggs, beaten
1 c. sugar
1/4 c. flour
1 tsp. vanilla
1/2 tsp. baking powder
1 c. currants
1/2 c. nuts or coconut

Crumble together oleo, powdered sugar and

flour. Pat mixture into 9-inch pie pan; bake 10 minutes at 350°. Pour filling into pie shell and bake 30 minutes.

Martha Pollock
Palmer, AK

## SOUTHERN PECAN PIE

3 eggs
2/3 c. sugar
1 c. dark corn syrup
1/3 c. melted butter or margarine
1 c. pecan halves
1 (9-inch) unbaked pastry shell

Beat eggs thoroughly with sugar, dash of salt, corn syrup and melted butter. Add pecans and pour into pastry shell.

Bake in 350° oven 50 minutes or until knife inserted comes out clean. Cool.

Cay Wright
Delta Junction, AK

## ZUCCHINI RHUBARB PIE

3 c. diced zucchini
2 c. diced rhubarb
1/2 c. brown sugar
1/4 c. granulated sugar
1 tsp. maple extract
3 Tbsp. butter or margarine
4 Tbsp. tapioca

Mix above and pour into unbaked pie shell. Top with:

1 c. crushed cornflakes or other cereal
1/2 c. brown sugar
3 Tbsp. butter

Crumble on top of pie; bake until bottom crust is done.

Ruth Estelle
Palmer, AK

## HERB RICE

1 c. uncooked rice
2 beef bouillon cubes
1/2 tsp. salt
1/2 tsp. rosemary
1/2 tsp. marjoram
1/2 tsp. thyme
1 tsp. dry green onion flakes
2 1/2 c. boiling water

Combine 2 cups cold water with 1 tablespoon butter in a heavy saucepan over high heat. When mixture boils, stir with a fork. Reduce heat to low. Cover and simmer 12 to 15 minutes, until liquid is absorbed.

Debbie A. Eldridge
Delta Junction, AK

## WHOLE WHEAT NOODLES

1 1/2 c. whole wheat flour
2 eggs
1/2 c. water
1 1/2 tsp. salt
approximately 1 c. all-purpose flour

Make a stiff dough on well-floured surface. Knead dough until smooth and not sticky (about 20 times). Wrap with plastic wrap and let rest 30 minutes for easier rolling.

Cut dough in half. On floured surface, with floured rolling pin, roll into 20 x 14 inches (1/16 inch thick). Fold in half (10 x 14 inches) and again (5 x 14 inches). Cut crosswise into 1/4-inch strips. Unfold strips and place on cloth towel to dry. Repeat with remaining dough. Dry for 1 hour.

To cook: Bring 3 quarts water to boil. In 6-quart pan, over high heat, add 1/2 pound noodles (1/2 recipe). Stir gently with fork to separate noodles. Heat to boiling; reduce heat to medium and cook 10 minutes or until tender but firm. Drain.

Cay Wright
Delta Junction, AK

## HOMEMADE NOODLES

1 c. flour
1/2 tsp. baking powder
1/2 tsp. salt
1 egg
1/4 c. water

Beat egg in medium-sized mixing bowl; add remaining ingredients and mix thoroughly. Roll out on floured board; let dry for awhile (1/2 to 1 hour or so).

Cut into strips with scissors. Drop singly into boiling, salted water; cook until done (check for doneness by tasting).

Ann Geise
Delta Junction, AK

# DESSERTS

# Substitutions

| | |
|---|---|
| 1 c. whole milk | ½ c. evaporated milk and ½ c. water<br>½ c. condensed milk and ½ c. water (reduce sugar in recipe)<br>4 T. powdered milk and 1 c. water.<br>4 T. nonfat dry milk plus 2 t. shortening and 1 c. water |
| 1 c. sour milk | 1 c. sweet milk and 1 T lemon juice or vinegar<br>1 c. sweet milk mixed with 1 T. lemon juice or 1 T. vinegar or 1 ¾ t. cream of tartar |
| 1 c. sweet milk | 1 c. sour milk or buttermilk plus ½ t. baking soda |
| 1 c. sour, heavy cream (for sour milk recipe) | ⅓ c. butter and ⅔ c. milk |
| 1 c. sour, thin cream (for sour milk recipe) | 3 T. butter and ¾ c. milk |
| 1 c. butter or margarine (for shortening) | 4/5 c. bacon fat (clarified), increase liquid in recipe ¼ c. ⅔ c. chicken fat (clarified), increase liquid in recipe ¼ c.)<br>7/8 c. cottonseed, corn, nut oil (solid or liquid)<br>7/8 c. lard and salt<br>½ c. suet and salt (increase liquid in recipe ¼ c.) |
| 1 1-oz. square unsweetened chocolate | 3 T cocoa plus ½ T. shortening |
| 1 T. cornstarch (for thickening) | 2 T. flour (approx.) |
| 1 T. flour (for thickening) | ½ to ⅔ T. cornstarch or 1 T. minute tapioca or 1 whole egg, 2 egg whites or 2 egg yolks |
| 1 c. sifted cake flour | 1 c. minus 2 T. sifted all-purpose flour |
| 1 c. sifted all-purpose flour | 1 c. plus 2 T. sifted cake flour |
| 1 whole egg | 2 egg yolks, plus 1 T. water (in cookies, etc.) or 2 eggs yolks (in custards, etc.) |
| 1 c. canned tomatoes | 1 ⅓ c. cut-up fresh tomatoes, simmered 10 min. |
| 1 c. molasses | 1 c. honey |
| 1 c. honey | ¾ c. sugar plus ¼ c. liquid |
| 1 c. granulated sugar | 1 ⅓ c. brown sugar or 1 ½ c. powdered sugar |
| 1 t. baking powder | ¼ t. baking soda plus ½ t. cream of tartar |

| | |
|---|---|
| 1 lb. cornmeal | 3 cups |
| 1 lb. cornstarch | 3 cups |
| 1 lemon rind | 1 Tbsp. grated |
| 3-4 med. oranges | 1 cup |
| 1 orange rind | 2 Tbsp. grated |
| 23 soda crackers | 1 cup crumbs |
| 15 graham crackers | 1 cup crumbs |

# Sizes of Cans

| | |
|---|---|
| No. 1 can | 1 ½ cupfuls used for baked beans, meats, soups, fruits, vegetables. |
| No. 1 (tall) | 2 cupfuls |
| No. 2 can | 2 ½ cupfuls used for beans, peas and corn. |
| No. 2 ½ can | 3 ½ cupfuls used for tomatoes, spinach, beets and pumpkin. |
| No. 3 can | 4 cupfuls |
| No. 10 can | 1 gallon used for both fruits and vegetables. |
| No. 5 can | 7 cupfuls (almost ½ gallon) used for fruit juice. |

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## BANANA CAKE

1 stick oleo, melted
2 c. graham cracker crumbs
2 c. powdered sugar
2 eggs
2 sticks oleo
4 bananas
1 can crushed pineapple
1 bowl Cool Whip
nuts
1/4 c. maraschino cherries

Put 1 stick melted oleo and the graham cracker crumbs into 13 x 9 x 2-inch pan. Beat powdered sugar, eggs and 2 sticks oleo 15 minutes. Put on top of cracker crumbs. Slice bananas on top and add can of crushed pineapple. Cover with Cool Whip. Sprinkle with finely chopped nuts and maraschino cherries.

Corina Hogan
Delta Junction, AK

## BLACK MAGIC CAKE

1 3/4 c. all-purpose flour
2 c. sugar
3/4 c. Hershey's cocoa
2 tsp. baking soda
1 tsp. baking powder
1 tsp. salt
2 eggs
1 c. strong black coffee (or 2 tsp. instant coffee plus 1 c. boiling water)
1 c. buttermilk (or sour milk)
1/2 c. vegetable oil
1 tsp. vanilla

Combine flour, sugar, cocoa, baking soda, baking powder and salt in large mixer bowl; add eggs, coffee, buttermilk, oil and vanilla. Beat at medium speed for 2 minutes (batter will be thin).

Pour batter into greased and floured 13 x 9 x 2-inch pan or two 9-inch pans. Bake at 350° for 35 to 40 minutes for oblong pan or 30 to 35 minutes for two-layer pan.

Corina Hogan
Delta Junction, AK

## EASY CARROT CAKE

2 c. flour
2 tsp. soda
2 tsp. cinnamon
2 c. sugar

1 tsp. salt
3 c. grated carrots
4 eggs
1 c. oil

Add all ingredients to large mixing bowl and beat well. Bake in 9 x 13-inch greased cake pan for 1 hour at 350°.

Topping:

8 oz. cream cheese
1 cube butter
1 tsp. vanilla
1 tsp. lemon extract
1 lb. powdered sugar

Beat well and spread over cooled cake. Sprinkle chopped nuts and coconut over top. Enjoy!

Cay Wright
Delta Junction, AK

## CARROT CAKE WITH CREAM CHEESE ICING

Cake:

3 c. flour
2 tsp. soda
1/2 tsp. salt
3 tsp. cinnamon
1 1/2 c. oil
1 1/2 c. sugar
2 c. grated carrots
1 (8 oz.) can crushed pineapple with juice
1/2 c. nuts
2 tsp. vanilla
3 eggs

Icing:

8 oz. softened cream cheese
1/2 stick margarine
1 box powdered sugar
1 tsp. lemon extract
1 tsp. vanilla

Cake: Sift together first 4 ingredients. Mix oil and sugar; add half of dry ingredients. Mix well and beat in carrots, pineapple and nuts. Add vanilla and balance of dry ingredients. Add eggs, one at a time, and beat until well blended after each addition.

Bake in greased 8 x 12 x 2-inch pan at 350° for 35 to 40 minutes, until brown and toothpick comes out clean when tested.

Icing: Melt margarine and blend with sugar, cheese, lemon extract and vanilla. Mix well and top cake.

Lindy Couch
Fairbanks, AK

## CARROT CAKE

2 c. flour
2 c. sugar
2 tsp. baking soda
1 tsp. salt
3 tsp. cinnamon
1 1/2 c. vegetable oil
4 eggs
3 c. shredded carrots

Frosting:

1 stick butter
1 lb. powdered sugar
2 tsp. vanilla
1 (8 oz.) pkg. cream cheese
1 c. chopped nuts

Mix all ingredients together in mixing bowl well. Pour into 13 x 9-inch pan or 2 round pans. Bake at 350° for about 45 minutes or until brown. Let cool, then frost with frosting above.

Kim Perkins
Delta Junction, AK

## CHERRY PUDDING CAKE

1 stick margarine
1 c. sugar
1 c. flour
2 tsp. baking powder
3/4 c. milk
1 can pie cherries (blueberries or peaches may be substituted in place of cherries)*

*Drain fruit.

Melt the margarine in 8 x 8-inch square baking dish. In another dish mix the sugar, flour, baking powder and milk.

Pour mixture over melted margarine; do not stir. Pour cherries over this. Do not stir. Pour over this 3/4 cup sugar. Do not stir. Bake in 325° oven for 1 hour.

Debbie Anderson
Delta Junction, AK

## BEST CHEESE CAKE

6 eggs
1 c. sugar
2 lb. cream cheese (16 oz.)
2 Tbsp. flour
1 c. heavy cream
1/2 tsp. vanilla
1 graham cracker crust

Beat egg yolks well; add sugar and cream cheese and mix well. Add flour. Add cream. Fold in egg whites, which have been whipped to a peak. Add vanilla. Bake in 325° oven for 1 hour and turn oven off. (Do not open.) Let set another hour in hot oven.

## CHOCOLATE CHERRY CAKE

1 pkg. Pillsbury fudge cake mix
1 (21 oz.) can cherry fruit filling
1 tsp. almond extract
2 eggs, beaten

Frosting:

1 c. sugar
5 Tbsp. butter or margarine
1/3 c. milk
1 (6 oz.) pkg. (1 c.) semi-sweet chocolate pieces

Preheat oven to 350°. Using shortening or margarine (not oil), grease and flour a 9 x 13-inch pan. In large bowl combine first 4 ingredients by hand; stir until well mixed.

Pour into greased pan; bake 25 to 30 minutes or until inserted toothpick comes out clean.

Frosting: In small saucepan combine sugar, butter and milk. Boil, stirring constantly, for 1 minute. Remove from heat; stir in chocolate until smooth. Pour over partially cooled cake.

Cay Wright
Delta Junction, AK

## CRANBERRY PUDDING CAKE

1/2 c. flour
3/4 tsp. soda
2 tsp. baking powder
1/2 tsp. salt
1/2 c. molasses
1/2 c. hot water
2 c. fresh whole cranberries

Mix flour, soda, baking powder and salt. Mix molasses in hot water; add to flour mixture and fold in cranberries. Place in casserole; cover and bake at 350° for 50 minutes. Serve warm with sauce.

Sauce:

1 c. sugar
1/2 c. margarine
1/2 c. sweet cream or half and half or evaporated milk
1 tsp. vanilla

Cook until thick, but watch it closely, as it burns easily.

Joni L. Roberge
Delta Junction, AK

## ELEGANT PARTY CAKE

1 pkg. white or yellow cake mix
1 pkg. instant vanilla pudding
1 c. milk
8 oz. cream cheese
9 oz. Cool Whip
1 (20 oz.) can crushed pineapple

Prepare cake as directed on box and bake in 9 1/2 x 13-inch pan and cool.

Dissolve pudding with milk and set aside. Drain pineapple. Cream cheese; add Cool Whip and beat. Add the prepared pudding and beat again.

Blend pineapple into cream mixture. Spread on cool cake and top with coconut and/or chopped walnuts, if desired.

"Bill" Dennison
Delta Junction, AK

## FRUIT COCKTAIL CAKE

1 c. sugar
1 3/4 c. flour
1 1/4 tsp. soda
1/2 tsp. salt
2 eggs
1 (30 oz.) can fruit cocktail

Topping:

1 c. brown sugar
2 Tbsp. butter
1/2 c. chopped nuts (optional)

Beat eggs; add juice from fruit cocktail. Mix in dry ingredients; add fruit cocktail and mix well. Pour into a greased and floured 9 x 13-inch pan. Sprinkle brown sugar mix on top; bake at 300° for 1 hour.

Ann Geise
Delta Junction, AK

## HOMESTEAD CAKE

3 c. flour
2 c. sugar
1/2 c. cocoa
2 tsp. soda
1 tsp. salt
1 Tbsp. vanilla
1 Tbsp. vinegar
1 c. melted shortening
2 c. cold water

Mix all ingredients thoroughly; bake in a greased 9 x 13-inch pan at 350° for 35 minutes.

Ann Geise
Delta Junction, AK

## IRISH APPLE CAKE

2 c. sugar
2 large eggs
1 c. vegetable oil
2 1/2 c. flour, sifted
2 tsp. baking powder
1 tsp. baking soda
1 tsp. cinnamon
1 tsp. salt
1 tsp. vanilla
4 c. fresh peeled, chopped apples
1 c. chopped pecans or walnuts
1 (16 oz.) pkg. butterscotch bits

Cream oil, eggs, sugar and vanilla in a large bowl by hand or with mixer. Add sifted dry ingredients to the first mixture and stir in by hand only. Add apples and nuts.

Put in ungreased 9 x 13-inch pan and sprinkle butterscotch bits on top. Bake at 350° for 50 or 60 minutes. Serve topped with whipped cream, if desired.

Note: Batter will be stiff, but will loosen when apples are added.

Jane Goodman
Delta Junction, AK

## LEMON HAWAIIAN CAKE

1 c. hot water
1 pkg. lemon jello
1 pkg. yellow or white cake mix
3/4 c. vegetable oil
4 eggs
juice of 2 lemons
2 c. powdered sugar

Dissolve jello in water; cool. Make a well in cake mix; add oil and eggs, then jello and mix well.

Pour into a greased and floured 9 x 15-inch cake pan. Bake at 350° for 35 minutes. Do not underbake! Prick top thoroughly with fork and pour mixture of juice and powdered sugar over top. Serves 12 to 15.

Note: Can be used with orange or lime jello and orange or lime juice, too. If using lime, use white cake mix.

Ethelda Taylor
Alaska

## LEMON YOGURT POUND CAKE

1 c. butter
2 c. sugar
6 eggs, separated
grated rind of 1/2 lemon
1 Tbsp. grated orange rind
1/2 tsp. mace
3 c. flour
1 tsp. baking powder
1/4 tsp. salt
1 c. lemon yogurt

Preheat oven to 350°. Cream butter and 1 1/2 cups sugar until very light. Beat in yolks, one at a time, mixing well. Beat in lemon and orange rinds and mace. Combine flour, baking powder and salt; add alternately with yogurt to creamed mixture.

Beat egg whites until foamy; gradually add remaining 1/2 cup sugar and beat until stiff and shiny. Fold whites into yolk mixture.

Turn into greased 10-inch tube pan or 3 small greased and floured loaf pans; bake for 1 hour for tube pan and about 45 minutes for smaller pans or until cake tests done. Let stand 10 minutes before turning out onto racks. Cool. Dust with confectioners sugar.

Linda Mertz
Delta Junction, AK

## MAYONNAISE CAKE

1 c. sugar (can be reduced to 1/2 c.)
1 c. mayonnaise
2 c. flour
8 Tbsp. cocoa
2 tsp. (level) soda
1/4 tsp. salt
1 c. warm milk or water

Mix all ingredients together until smooth. Do not beat! Pour into a greased 9 x 13-inch pan; bake at 350° for 20 minutes.

Ann Geise
Delta Junction, AK

## OATMEAL CAKE

1 c. quick oatmeal
1 1/4 c. boiling water
1/2 c. shortening
1 c. white sugar
1 c. brown sugar
1 1/3 c. flour
2 eggs
1 tsp. soda
1 tsp. cinnamon
1 tsp. vanilla

Dissolve oatmeal in boiling water. Mix all ingredients thoroughly. Place in 13 x 9-inch pan and bake 35 minutes at 350°.

Kelly Cripe
Delta Junction, AK

## PUMPKIN CAKE

4 eggs, beaten
1 (29 oz.) can pumpkin
1 1/2 c. sugar
1 tsp. salt
1 tsp. ginger
2 tsp. cinnamon
1/2 tsp. cloves
1 c. evaporated milk
1 box white or yellow cake mix
1/2 lb. butter, melted
1/2-1 c. chopped nuts

Preheat oven to 350° first; it doesn't take long to mix cake!

Combine in large bowl the first 8 ingredients in order given. Pour into 9 x 12-inch pan. Sprinkle cake mix on top. Pour melted butter over cake mix. Sprinkle with nuts and bake 1 1/2 hours.

Top servings with ice cream or whipped cream.

Lindy Couch
Fairbanks, AK

## RHUBARB-ALMOND COFFEE CAKE

1 1/2 c. brown sugar
2/3 c. vegetable oil
1 egg
1 tsp. vanilla
2 1/2 c. flour
1 c. milk
1 tsp. salt
1 tsp. baking soda
1 tsp. baking soda
1 1/2 c. finely chopped fresh rhubarb
1/2 c. sliced almonds
1/2 c. granulated sugar
1 Tbsp. butter
1/4 c. sliced almonds

Heat oven to 350°. Grease and flour 2 round 9 x 1 1/2-inch layer pans.

Mix brown sugar, oil, egg and vanilla. Stir in flour, milk, salt and baking soda; beat until smooth. Stir in rhubarb and 1/2 cup almonds. Pour into pans.

Mix granulated sugar, butter and 1/4 cup almonds; sprinkle evenly over batter in pans. Bake 40 minutes. Serve warm. Makes 2 coffee cakes.

Jane Storey
Delta Junction, AK

## WACKY CAKE

3 c. flour
2 c. sugar
1/2 c. cocoa
2 tsp. baking soda
1 tsp. salt
2 Tbsp. vinegar
2 tsp. vanilla
2/3 c. vegetable oil
2 c. cold water

Mix all ingredients together in mixing bowl; beat well for about 5 minutes.

Pour into 13 x 9-inch cake pan or two round cake pans. Bake at 350° for 30 minutes; let cool. Then frost.

Kim Perkins

## BROILED FROSTING

6 Tbsp. butter or margarine
3/4 c. brown sugar
4 Tbsp. top milk
1/2 c. coconut

Spread on cake. Place under broiler until bubbly.

Kelly Cripe
Delta Junction, AK

## YUMMY ICING

1 c. shortening
1 1/2 c. confectioners sugar
1/4 c. evaporated milk

Combine all ingredients and beat for 5 minutes. Add colorings or flavorings as desired.

Ann Geise
Delta Junction, AK

## AUNT SALLY'S COCOA DROPS

1/2 c. soft shortening (part butter)
1 c. sugar
1 egg
3/4 c. buttermilk or sour milk
1 tsp. vanilla
1 3/4 c. sifted flour
1/2 tsp. soda
1/2 tsp. salt
1/2 c. cocoa
1/2 c. chopped nuts

Mix thoroughly shortening, sugar and egg; stir in buttermilk and vanilla. Sift dry ingredients and stir in. Add nuts; chill 1 hour. Heat oven to 400°.

Drop with a teaspoon 2 inches apart onto lightly greased cookie sheet. Bake 8 to 10 minutes; cool.

Frost with a chocolate icing.

Ann Geise
Delta Junction, AK

## APPLESAUCE JUMBLES
(Cookies)

2 3/4 c. flour
1 1/2 c. brown sugar, packed
1 tsp. salt
1/2 tsp. soda
3/4 c. applesauce
1/2 c. shortening
2 eggs
1 tsp. cinnamon
1/4 tsp. ground cloves
1 tsp. vanilla
1 c. chopped nuts
1 (6 oz.) pkg. semi-sweet chocolate chips

Mix all ingredients thoroughly; drop on ungreased baking sheet and bake until almost no imprint remains from finger. Bake at 375° for 10 minutes.

Makes 4 1/2 to 5 dozen cookies.

Ann Geise
Delta Junction, AK

## BROWNIES

1/2 c. melted margarine
1 c. sugar
1 tsp. vanilla
2 eggs
1/2 c. unsifted flour
1/2 c. cocoa (unsweetened)
1/4 tsp. baking powder
1/4 tsp. salt
1/2 c. chopped nuts

Blend margarine, sugar and vanilla in mixing bowl; add eggs and beat well.

Combine flour, cocoa, baking powder and salt; gradually add to egg mixture until well blended. Stir in nuts. Spread in greased 9-inch square pan; bake at 350° for 20 to 25 minutes or until Brownies begin to pull away from edges of pan. Cool in pan.

Frost if desired. Cut into squares. Makes 16.

Cay Wright
Delta Junction, AK

## CHOCO CHIP TOFFEE BARS

1 c. butter
1 c. brown sugar
1 tsp. vanilla
2 c. sifted flour
1 (6 oz.) pkg. chocolate chips
1 c. chopped nuts

Mix and pat into a 13 x 9-inch pan. Bake at 350° for 25 minutes. While warm, cut into bars.

Kelly Cripe
Delta Junction, AK

## SOUR CREAM SUGAR COOKIES

1/2 c. shortening (part butter or margarine)
1 c. sugar
1 egg
1 tsp. vanilla
2 2/3 c. flour
1 tsp. baking soda
1/4 tsp. nutmeg or cinnamon
1/2 c. commercial sour cream

Preheat oven to 425°. Mix shortening, sugar, egg and vanilla thoroughly. Blend dry ingredients. Add to sugar mixture, mixing alternately with sour cream. Roll out 1/4 inch thick on well-floured board.

Place on greased cookie sheet; bake 8 to 10 minutes or until lightly browned. Makes 4 to 5 dozen, depending on size of cookie cutters.

You may sprinkle with sugar just before baking or frost with colored glazes after cooled.

Toni Lee
Delta Junction, AK

## CHOCOLATE-CHOCOLATE CHIP COOKIES

1 (12 oz.) pkg. semi-sweet chips
2 c. flour
1 tsp. soda
1 tsp. salt
1 c. butter
1 c. sugar
2 eggs
1 c. chopped walnuts

Melt 1/2 package (1 cup) chips. Sift flour, soda and salt; set aside.

In large bowl mix butter, sugar and eggs; add melted chocolate to butter mixture. Add flour mixture, chips and nuts. Chill batter 1 hour. Bake in 375° oven.

Deborah S. Wager
Delta Junction, AK

## CHOCOLATE CRACKLE COOKIES

1 c. chocolate chips
1 c. packed brown sugar
1/3 c. salad oil
2 eggs
1 tsp. vanilla
1 c. all-purpose flour
1 tsp. baking powder
1/4 tsp. salt
1/2 c. chopped walnuts (optional)
about 1/2 c. powdered sugar

Melt chocolate chips. Combine with sugar and oil. Add eggs, one at a time, and beat well. Add vanilla. Combine flour, baking powder and salt; add to chocolate mixture. Stir in nuts, if desired. Chill dough. Drop teaspoonfuls of dough in powdered sugar; roll to coat. Place on greased cookie sheet and bake at 350° for 10 to 12 minutes. Cool on rack.

Maribeth Miller
Delta Junction, AK

## CHOCOLATE CRINKLES

1 c. brown sugar, packed
1 c. granulated sugar
1 c. shortening
2 eggs
2 1/2 c. flour
1 tsp. salt
1 tsp. soda
7 Tbsp. cocoa
1/4 c. powdered sugar

Cream sugar, shortening and eggs. Mix flour, salt, soda and cocoa. Mix dry and creamed ingredients together. Shape dough into 1-inch balls and roll in powdered sugar. Bake at 350° for 15 to 18 minutes after placing them on greased baking sheets.

Ann Geise
Delta Junction, AK

## CREAMED CHEESE BROWNIES

2 pkg. slice and bake chocolate chip cookies
1 (8 oz.) pkg. and 1 (3 oz.) pkg. cream cheese
1/2 c. sugar
1 egg

Layer 1 package of cookies (sliced 1/8 inch thick) in bottom of greased 9 x 13-inch pan. Pat slices of cookies together.

Beat cream cheese, egg and sugar together; spread on top of cookie dough. Slice second package of dough and put on top. Bake at 350° for 35 to 40 minutes.

Linda Mertz
Delta Junction, AK

## GRAHAM CRACKER BROWNIES

2 c. graham cracker crumbs
1 c. sweetened condensed milk
1/2 c. chopped walnuts
1 c. chocolate bits
1 tsp. vanilla

Mix all ingredients well; bake at 350° in greased 9-inch square pan for 25 minutes.

Do not overbake!

Linda Mertz
Delta Junction, AK

## VENNA'S FUDGE NUT BARS

1 c. butter
2 c. eggs
2 c. brown sugar
2 tsp. vanilla
2 1/2 c. sifted flour
1 tsp. soda
1 tsp. salt
3 c. quick-cooking oats

Filling:

1 (12 oz.) pkg. semi-sweet chocolate morsels
1 can Eagle Brand milk
2 Tbsp. butter
1/2 tsp. salt
1 c. chopped nuts
2 tsp. vanilla

Cream together butter and sugar; add eggs and vanilla. Spread 2/3 mixture in greased 15 1/2 x 10 1/2-inch jelly roll pan.

Mix chocolate morsels, milk, butter and salt in saucepan over boiling water. Remove from heat and stir in nuts and vanilla.

Spread filling over first mixture; dot with rest of oatmeal mixture. Bake 15 to 20 minutes at 350°.

Vivian Teeland
Wasilla, AK

## PUMPKIN BARS

4 eggs, lightly beaten
1 c. oil
1 (15 oz.) can pumpkin
2 c. flour
1 tsp. baking powder
1 tsp. soda
2 Tbsp. cinnamon
1 tsp. cloves
1/2 tsp. ginger
1/2 tsp. salt
1 box powdered sugar

Mix eggs, oil and pumpkin. Sift and add flour, baking powder, soda, cinnamon, cloves, ginger and salt. Grease and flour 12 x 18 x 1-inch pan; bake at 350° for 25 to 30 minutes. Cool. Frost with powdered sugar and:

6 oz. cream cheese
3/4 stick oleo, melted
2-4 tsp. milk
1 tsp. vanilla

Laura Mommsen
Wasilla, AK

## LEMON SQUARES

1 (Base):

1 1/2 c. flour
1/2 c. brown sugar
1/2 c. margarine

2 (Filling):

1 c. brown sugar
1 1/2 c. coconut
1 c. chopped nuts

3:

2 beaten eggs
2 Tbsp. flour
1/4 tsp. salt
1/2 tsp. baking powder
1/2 tsp. vanilla

4 (Frosting):

1 c. powdered sugar
juice of 1 lemon
1 Tbsp. melted butter

Mix first 3 ingredients together and pat into 9 x 12-inch oiled pan; bake at 300° for 10 minutes.

Mix second group of ingredients and add third group. Spread over baked cookie base and bake an additional 20 minutes at 300°.

Mix frosting (fourth group) and drizzle over cookies. Cool and cut into squares.

Cay Wright
Delta Junction, AK

## RAISIN BARS

1 c. raisins
2 c. water
1/2 c. shortening
1 c. sugar
2 eggs
2 c. flour
1 tsp. cinnamon
1 tsp. soda
1/2 tsp. cloves
1/2 tsp. allspice
1/2 tsp. salt
1/3 c. nuts

Boil raisins in water until just 3/4 cup liquid remains; cool. Cream sugar and shortening; beat in

eggs. Mix all ingredients. Spread on greased cookie sheet; bake 20 minutes at 375°. Take from oven; frost with thin icing made with powdered sugar and cream. Cut into bars.

Mary A. Kobierowski
Delta Junction, AK

## SANTA SNOWFLAKES

2 egg whites
1 tsp. vanilla
pinch of salt
2/3 c. sugar
1 c. chopped pecans
1 c. chocolate bits

Preheat oven to 375°. Beat egg whites, adding vanilla and salt. Continue beating until fairly firm. Add the sugar gradually, beating until very stiff. Stir in nuts and chocolate bits.

Drop from spoon onto a cookie sheet, which has been covered with greased aluminum foil. Put in oven and turn off heat immediately. Leave in oven several hours, until oven is completely cool.

Linda Mertz
Delta Junction, AK

## SANTA'S WHISKERS COOKIES

1 c. margarine
1 c. sugar
2 Tbsp. milk
1 tsp. vanilla
2 1/2 c. flour
3/4 c. chopped candied cherries
1/2 c. chopped pecans
3/4 c. flaked coconut

In bowl cream softened margarine and sugar; blend in milk and vanilla. Stir in flour, cherries and nuts. Form dough into two 8-inch rolls. Roll in coconut to coat outside. Wrap in waxed paper and chill thoroughly. Cut into 1/4-inch slices. Place on ungreased cookie sheet and bake at 375° until edges are golden, about 12 minutes. Makes about 60.

Cay Wright
Delta Junction, AK

## SNICKERDOODLES

1 c. Crisco
1 1/2 c. sugar
2 eggs
1 tsp. soda

2 3/4 c. sifted flour
2 tsp. cream of tartar
1/2 tsp. salt
2 Tbsp. sugar
2 tsp. cinnamon

Mix together Crisco, 1 1/2 cups sugar and eggs. Sift together flour, cream of tartar, salt and soda; stir into first mixture.

Chill dough and roll into balls the size of small walnuts. Roll in mixture of 2 tablespoons sugar and the cinnamon.

Place about 2 inches apart on ungreased cookie sheets; bake in 400° oven for 8 to 10 minutes, until lightly browned, but still soft.

These cookies puff up at first and then flatten out with crinkled tops.

Cay Wright
Delta Junction, AK

## SUGAR COOKIES

1 c. sugar
1 c. butter
1 egg
2 c. flour
1/2 tsp. baking soda
1/2 tsp. cream of tartar
1 tsp. vanilla

Roll dough in ball the size of a walnut. Put 2 inches apart on cookie sheet. Push down with bottom of glass dipped in sugar. Bake at 375°.

Kelly Cripe
Delta Junction, AK

## PEACH COBBLER

2 c. peaches (canned or fresh)*
1/4 c. sugar
1/4 c. shortening
1/3 c. milk

*If fresh, add 3 tablespoons water and cook at low heat.

Add to fruit mixture:

1 Tbsp. cornstarch
1/2 c. sugar
1/4 tsp. salt
1/2 c. fruit juice

Topping:

1 c. flour
1 1/2 tsp. baking powder
1/2 tsp. salt

In 6 x 10-inch baking dish spread cornstarch mixture over fruit, then put topping over the fruit with a fork. This is a soft dough.

Pour juice over the dough. Sprinkle sugar over the top. (I normally do not add the sugar.) Bake 40 to 45 minutes at 375°.

Jane Goodman
Delta Junction, AK

## APLETS

2 Tbsp. gelatin
2 c. sugar
1 c. chopped nuts
1 1/4 c. unsweetened applesauce
2 tsp. vanilla

Soak gelatin in 1/2 cup applesauce for 10 minutes. Put 3/4 cup applesauce in pan; add the sugar and bring to boil. Add first mixture and boil for 15 minutes. Add nuts and vanilla.

Pour into buttered pan and chill. Cut into pieces and roll in powdered sugar.

Cay Wright
Delta Junction, AK

## PEANUT BUTTER BALLS

2 c. graham cracker crumbs
1 box confectioners sugar
1/4 lb. butter
1/4 lb. oleo (I use all oleo and it's fine)
1 (12 oz.) jar chunky peanut butter
1 (12 oz.) pkg. chocolate chips
1/4 sq. paraffin wax

Melt chocolate chips and paraffin in top of double boiler. (Keep over the hot water to keep mixture melted.)

Combine remaining ingredients and roll into balls (approximately 1 inch).

Dip balls in chocolate mixture and place on waxed paper. (I use toothpicks to dip them with.)

The wax in the chocolate prevents them from sticking together and melting.

Linda Mertz
Delta Junction, AK

## STAINED GLASS WINDOWS

1/4 lb. oleo
1 (12 oz.) pkg. chocolate chips
1 c. chopped walnuts
1 large pkg. multi-colored mini marshmallows
shredded coconut

Melt oleo and chocolate bits in double boiler; cool slightly. Mix nuts and marshmallows in large bowl. Pour chocolate mixture over this and mix well.

Shake coconut on a piece (large) of waxed paper and spoon mixture on coconut. Form a roll with the waxed paper and keep rolling back and forth to cover the roll with coconut. Put in refrigerator until hard enough to slice.

These are very pretty and very tasty, also. Great for Christmas!

Linda Mertz
Delta Junction, AK

## WHITE FRUITED FUDGE

2 c. sugar
1 c. light cream
1/4 c. butter
1/4 c. light corn syrup
1/2 tsp. salt
1 c. miniature marshmallows
1 tsp. vanilla extract
1/2 c. pecan halves
1/3 c. chopped red candied cherries
1/3 c. chopped green candied cherries

Combine sugar, cream, butter, syrup and salt in large heavy saucepan. Bring to a gently boil over low heat. Cook, stirring constantly, until sugar melts. Continue cooking, stirring occasionally, until mixture reaches 238° to 240° on candy thermometer or until soft-ball stage. Remove from heat; stir in marshmallows and extract. Stir until marshmallows melt and candy starts to lose gloss. Stir in pecan halves

and fruits. Stir until candy starts to set.

Pour into buttered 8-inch square pan and cool. Cut into squares.

Judy Dewar
Delta Junction, AK

## COBBLER

1 c. sugar
2 Tbsp. oleo
1 c. flour
2 tsp. baking powder
1/2 tsp. salt
3/4 c. milk
2 c. sweetened fruit
1 c. boiling water
1 tsp. flavoring (vanilla or almond)

Cream together sugar and oleo. Sift flour, baking powder and salt. Add creamed mixture and milk. Pour batter in lightly greased rectangular baking pan and spread sweetened fruit on top (you may use any kind of fresh, frozen or canned fruit and water to equal 1 cup) and add flavoring on top. Bake at 350° for 30 minutes.

Kelly Pollock
Palmer, AK

## CREAMY APRICOT MOUSSE

1 (17 oz.) can apricot halves
1 (6 oz.) pkg. apricot gelatin dessert
1 c. plain or apricot yogurt
1 c. whipping cream, whipped

Dissolve gelatin in 1 1/2 cups boiling water. Drain apricots, reserving syrup and, if necessary, add enough water to syrup to make 1 cup. Add this to gelatin. Chill until consistency of thick egg white, approximately 45 minutes to 1 hour.

Puree apricots in blender or food processor and add to mixture. Stir in yogurt until well blended. Gently fold in whipped cream; chill until firm.

This may also be used as a pie filling in a baked pie shell or graham cracker crust. Fruit and gelatin flavors and yogurt flavor may be varied.

I have tried this with pitted black cherries, black cherry gelatin and cherry yogurt and my family liked this best of all.

"Bill" Dennison
Delta Junction, AK

## CRANBERRY CRUNCH

1 c. uncooked rolled oats
1/2 c. flour
1 c. brown sugar
1/2 c. butter (or oleo)
1 (16 oz.) can Ocean Spray whole berry cranberry sauce

Mix oats, flour and brown sugar; cut in butter until crumbly.

Place half of this mixture in an 8 x 8-inch greased baking dish. Cover with cranberry sauce, then remainder of mixture. Bake for 45 minutes at 350°. Serve hot with vanilla ice cream on top.

Linda Mertz
Delta Junction, AK

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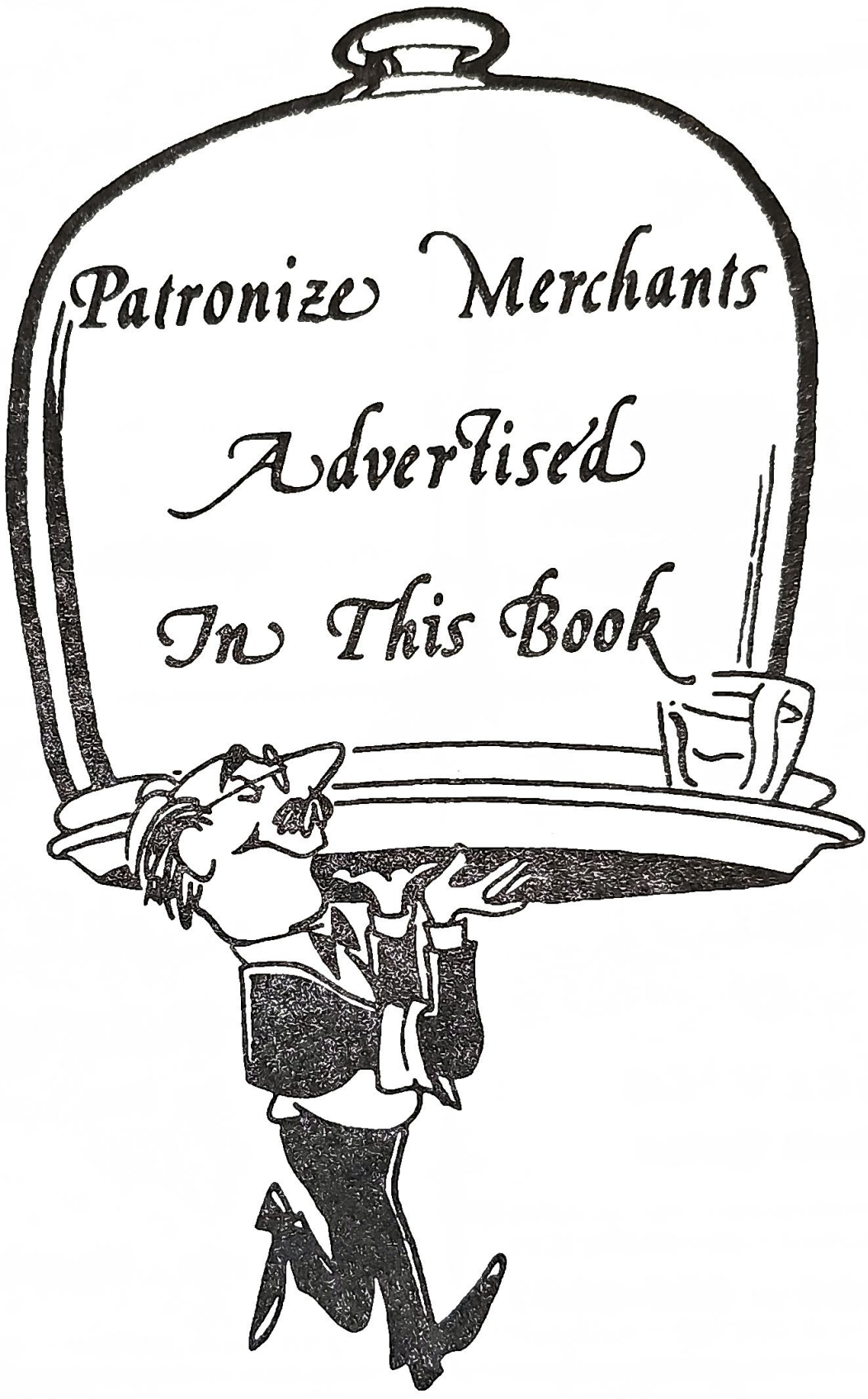
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## TERMS USED IN COOKING

**APPETIZER** — A small serving of food served before or as the first course of a meal.
**ASPIC** — A transparent jelly, usually meat, which has been boiled down to become firm when cold.
**BATTER** — A mixture of flour or liquid that can be beaten or stirred.
**BISQUE** — A rich thick cream soup made from fish.
**BLANCH** — To place fruits or nuts in boiling water to remove skins, also to dip vegetables in boiling water in preparation for freezing, canning or drying.
**BOUILLABAISE** — A chowder made from several varieties of fish and wine.
**BOUILLON** — Clear soup made from lean beef.
**BRAISE** — To brown meat or vegetables in hot fat, then to cook slowly in small amount of liquid.
**CARAMEL** — Burnt sugar syrup used for coloring and flavoring. Also a chewy candy.
**CHICORY** — A plant root that is cut into slices, dried and roasted into coffee. The plant leaves are used for salad and sometimes called curly endive.
**CIDER** — The juice from pressed apples used as a beverage or to make vinegar.
**CLARIFY** — To make a liquid clear by adding beaten egg white and egg shells. The egg coagulates in hot liquid and cloudiness adheres to it. The liquid is then strained.
**COBBLER** — A fruit pie with a rich biscuit dough made in a deep-dish.
**COCKTAIL** — An appetizer served before or as the first course of a meal. An alcoholic beverage served before the dinner or cut shellfish with tart sauce served at the start of a meal.
**CRACKLINGS** — Crisp particles left after fat has been fried out.
**CROQUETTES** – Chopped meat held together by eggs, shaped and dipped into crumbs then fried.
**DOUGH** — A mixture of flour, liquid that is stiff enough to be kneaded.
**DRIPPINGS** — Liquids resulting from meat being cooked.
**ENTREE** — A dish served between the chief courses, before the roast.
**FONDUE** — A dish made of cheese, eggs, etc.

**FRITTERS** — Vegetables or fish covered with butter then fried in deep fat.
**FROSTING** — A sugar that has been cooked and used to cover cakes, and other foods.
**GIBLETS** — The liver, gizzard or heart of poultry.
**HORS d'OEUVRES** — Tart, salty or crisp foods served as appetizers.
**INFUSION** — Liquid taken from tea, herbs or coffee.
**JULIENNE** — Food cut into very thin strips.
**MACEDOINE** — A mixture of fruits or vegetables.
**MARINATE** — To let foods stand in an acid mixture of oil and vinegar, then flavored with spices and herbs.
**MINCE** — To cut foods in very fine pieces.

## FOOD PROCESSES

**BAKE** — To cook by dry heat, usually in an oven.
**BARBECUE** — To roast or broil whole, as a hog, fowl, etc. Usually done on a revolving frame over coals or upright in front of coals. To cook thin slices of meat in a highly seasoned vinegar sauce.
**BOIL** — To cook in liquid, usually water, in which large bubbles rise rapidly and continually so that all the liquid is agitated.
**BOILING POINT** — The temperature reached when a mixture maintains a full bubbling motion on its surface.
**BREW** — To cook in hot liquid until flavor is extracted.
**BROIL** — To cook by exposing the food directly to the heat.
**BRAISE** — To cook meat by searing in fat, then simmering in a covered dish in small amount of moisture.
**CANDY** — To conserve or preserve by boiling with sugar. To incrust or coat with sugar.
**COAT SPOON** — When a mixture forms a thin even film on the spoon.
**CODDLE** — To cook slowly and gently in a liquid just below the boiling point.
**CREAM** — To work foods until soft and fluffy. Usually applied to shortening and sugar.
**CUBE** — To cut in even sliced pieces.
**CUT** — To divide foods with a knife or scissors.
**DICE** — To cut into small cubes.
**DISSOLVE** — To pass into solution.
**FOLD** — To combine, using a motion beginning vertically down through the mixture, continuing across the bottom of the bowl and ending with an upward and over motion.

# Your Daily Nutrients

| FOOD | AVERAGE ADULT | AVERAGE CHILD |
|---|---|---|
| Meat or fish | 1 or more servings of wide variety. Liver once a week. | Same as Adult |
| Milk | 1 pint. | 1 quart |
| Eggs | 1 egg. Dried peas or beans may be substituted 3 times a week. | Same as Adult |
| Vegetables | 1 leafy green or yellow and 1 other (serve one raw). 1 potato. | Same as Adult |
| Fruits | ½ c. citrus or 1 c. tomato juice plus other fruits (raw, cooked or canned). | ¾ c. citrus or 1 ½ c. tomato juice plus other fruits. |
| Breads and Cereals | 3 servings whole grain or "enriched" bread or cereal. | Same as Adult |
| Butter or vitamin fortified | 2 tablespoons | 2-3 tablespoons |

## A VITAMIN PRIMER

| Vitamin | Use In Body | Best Sources |
|---|---|---|
| A | For normal vision | Leafy greens, yellow vegetables and fruits, eggs, liver and milk. |
| B1 (Thiamin) | For good appetite, good digestion and steady nerves. | "Enriched" and whole grain bread and cereal. Dried peas and beans, peanuts, pork and liver. |
| C (Ascorbic acid) | For healthy teeth, gums, bones and blood vessels. | Citrus fruits, tomato juice, leafy greens and potato. |
| G (Riboflavin) | For healthy skin and eyes. | Liver and kidney. Lean beef, leafy green, milk. |

# LEAVES, WEEDS & OTHER GOOD THINGS

| Use This Herb → | BASIL | BAY LEAF | CHIVE | CURRY POWDER | DILL |
|---|---|---|---|---|---|
| When You Fix: ↓ | Aromatic odor, warm sweet flavor used whole or ground | A pungent flavor. Available as whole leaf | Mild flavor of onion | Blend of spices in proper proportion | Aromatic odor with delicate caraway flavor |
| MEATS CASSEROLES | Beef stew<br>Steak, Veal<br>Lamb<br>Venison | Meats,<br>Stews,<br>Sauerbraten | | Curries of meat<br>Veal<br>Mildly hot casseroles | Veal<br>Pork<br>spareribs<br>Lamb stew |
| POULTRY SEAFOOD | Chicken<br>Duck<br>Fish<br>Seafood cocktails | Poached fish | Fish dishes | Chicken<br>Fish<br>Shrimp<br>Chicken salad | Fish dishes<br>Chicken salad |
| PICKLES PRESERVES | Tomatoes<br>Potatoes<br>Peas<br>Squash<br>Herb butter | Pickled beets<br>Relishes | Potato dishes<br>Vegetable garnish | Various vegetables<br>Pickled carrots<br>Green bean sticks | Potatoes baked or boiled<br>Tomatoes<br>Beans<br>Pickles<br>Garnish |
| EGGS AND CHEESE | Cheeses<br>Welsh rabbit and<br>Egg dishes | | Omelets and<br>Egg dishes<br>Cream and cottage cheese | Egg salad<br>Egg dishes<br>Cheese fillings<br>Sour cream | Sour cream<br>Cream and<br>Cottage cheese<br>Scrambled eggs |
| RICE NOODLES SPAGHETTI | Spanish rice<br>Spaghetti dishes | | | Oriental touch to rice | Buttered noodles |
| SOUPS SALADS SAUCES | Bean<br>Mock turtle<br>Potato soups<br>Tossed salads | Vegetable and<br>Fish soups<br>Tomato sauces and<br>Gravies<br>Marinades | Various Soups and Salads | Gravies<br>Flavor teaser in soups<br>Chili sauce<br>Shrimp sauce | Fish and Vegetable salads<br>Butter sauce<br>Cream sauce |
| PIES BREADS CAKES | | | | White bread dough | |

# LEAVES, WEEDS & OTHER GOOD THINGS

| Use This Herb → / When You Fix: ↓ | Ginger | Marjoram | Oregano | Sage | Tarragon |
|---|---|---|---|---|---|
| | Aromatic, pungent root with warm flavor-sold fresh, dried or ground | Aromatic odor, potent flavor | Strong aromatic odor, bitter taste, whole or ground | Pleasant aromatic odor and warm, bitter taste. Used fresh & dried | Aromatic leaves, with hot pungent flavor |
| **Meats Casseroles** | Pot roast Pork, Veal Beef Casseroles | Stuffing for all meats Ragouts, Stew Beef, Veal Pork Roasts Lamb Sausage | Pork, Veal and Lamb dishes Meat loaf Stews Chili | Stuffing for meat dishes Veal and Pork dishes Pork roast Sausage Hamburgers | Beef and Veal dishes |
| **Poultry Seafood** | | Chicken and fish dishes Stuffed fish Fish chowder | Roast duck Fish chowder | Poultry | Fish and Chicken dishes Chicken cacciatore Lobster |
| **Vegetables Pickles Preserves** | Pickles Preserves Chutney Vegetable combos | Scalloped potatoes and tomatoes Dressing for broccoli cabbage spinach | Hash brown potatoes Dried beans Lentils | Vegetable loaves Beans Tomatoes | Potatoes Tomatoes Beets Spinach Pickles |
| **Eggs And Cheese** | | Egg salad Egg dishes Cheese dishes | Sprinkle on top of dishes with cheeses | Fresh cheese Cheese combo dishes | Eggs Benedict Egg and Cheese dishes |
| **Rice Spaghetti Noodles** | | Spaghetti sauce | Spaghetti with meat sauce Pizza | | |
| **Soups Salads Sauces** | Soups Chicken broth Gravies Fruit salad Whipped cream | Soups Salad dressing Green vegetables salads | Vegetable and Fish salads | Salads | Tartar sauce Sweet-sour sauce Fish Sauces Green salads Aspics |
| **Breads Pies Cakes** | Cakes Soft cookies and crisp snaps Pie crust and filling | | | | |

**Helpful Cooking Hints**

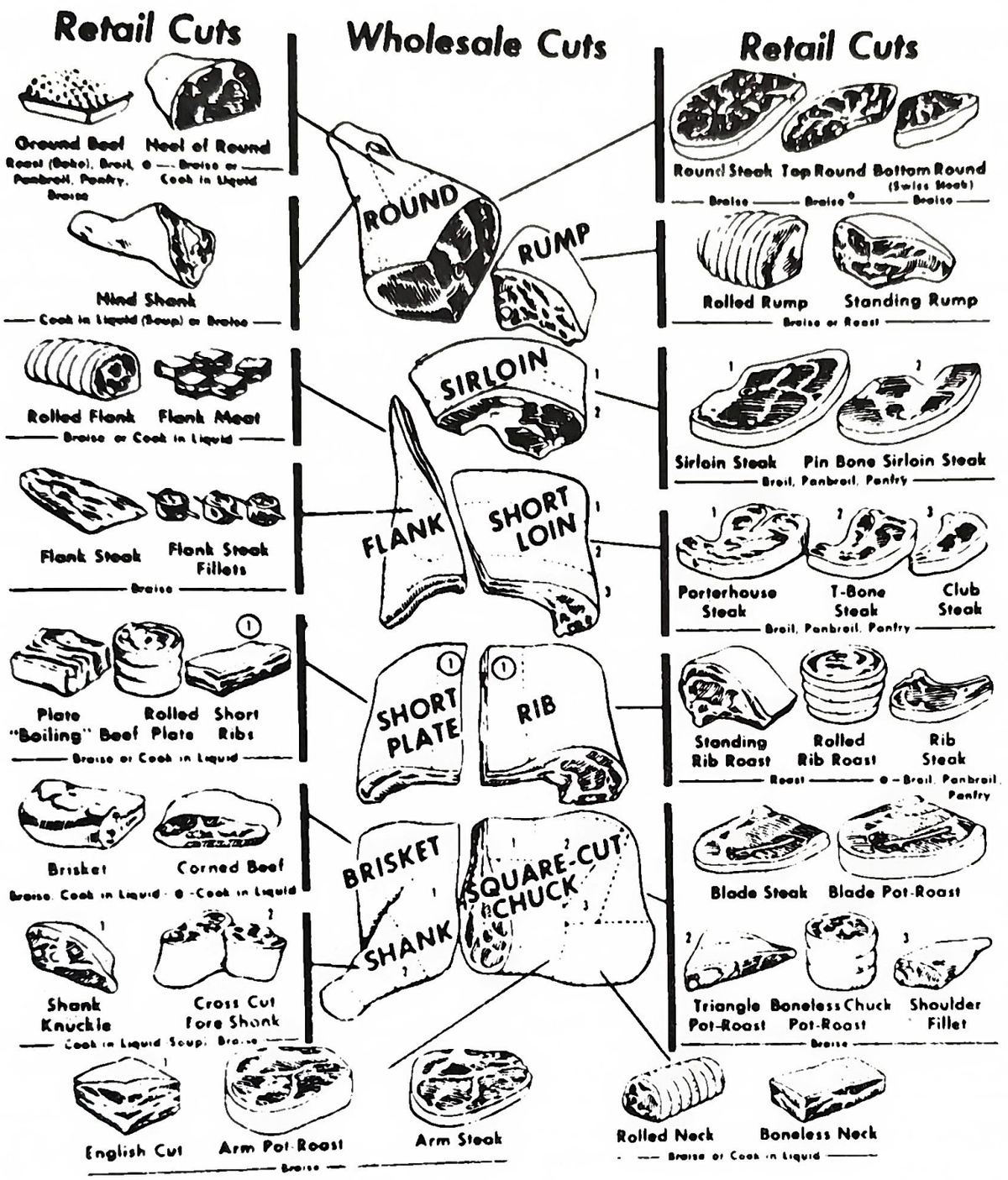
## MEATS, POULTRY, AND SEAFOOD

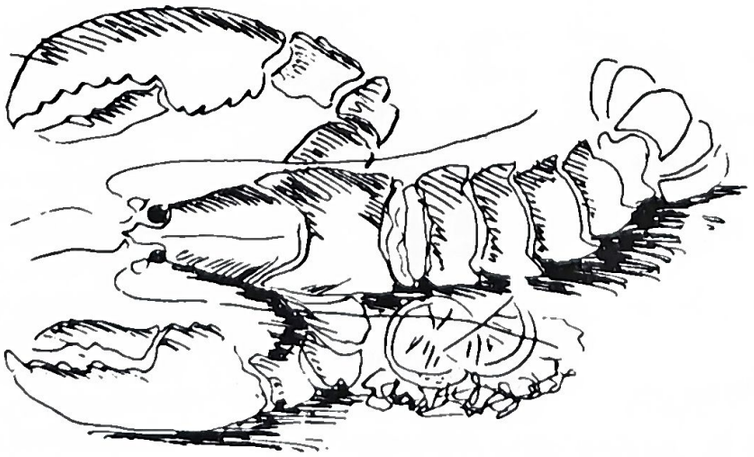
Meats are a substantial part of all homemakers shopping bill. Every meal should be planned very carefully and the best possible cut of meat for your money should be selected. The following chart should help you in not only selecting the best cut of meat, recommended by the U.S.Department of Agriculture cutting chart, but also the proper amount of meat to serve.

## HOW MUCH TO BUY

| | MEAT | WEIGHT OR MEASURE | NO. OF SERVINGS |
|---|---|---|---|
| BEEF | Round Steak | 1 pound | 3 to 4 |
| | Porterhouse Steak | 1 pound | 2 |
| | Sirloin Steak | 2 pounds | 4 |
| | Chuck Roast | 2 pounds | 4 to 6 |
| | Rib Roast (bone in) | 4 pounds | 8 |
| | Short Ribs | 1 pound | 1 to two |
| | Stew Meat | 1 pound | 4 to 5 |
| | Hamburger | 1 pound | 4 |
| POULTRY | Chicken | | |
| | Fryers | 2 ½ to 3 ½ pounds | 3 to 5 |
| | Broilers | 1 to 2 ½ pounds | 2 to 3 |
| | Roasters | 2 ¾ to 7 pounds | 4 to 10 |
| | Turkey | 8 pounds | 16 |
| FISH | Steaks | 1 pound | 3 |
| | Fillets | 1 pound | 4 |
| | Whole Fish | 1 pound | 1 |
| SHELLFISH | Lobster (tails) | 1 pound | 2 |
| | Lobster (cooked meat) | 1 pound | 2 |
| | Clams (shucked) | 1 pint | 3 |
| | Shrimp (cooked) | 1 pound | 5 to 6 |
| | Oysters ( shucked) | 1 pint | 3 |
| | Oysters (cooked) | 1 pound | 6 |
| | Scallops | 1 pound | 6 |
| VEAL | Cutlet | 1 pound | 3 |
| | Chops | 3 chops per pound | 3 to 4 |
| | Roast | 2 pounds | 6 |

# RETAIL AND WHOLESALE BEEF CHART



# Table For Cooking Vegetables

| VEGETABLE | WAYS TO PREPARE | COOKING | TIME |
|---|---|---|---|
| Asparagus | Wash; gently scrub with vegetable brush. Break the stalks. They will snap where tender part starts. | Cook coverd in small amount of boiling salted water.<br>Cut up<br>Whole spears | 8-10 mins.<br>10-15 mins. |
| Beans, green or wax | Wash; remove ends and strings. Cut in 1-inch pieces, leave whole, or slit lengthwise. | Cook covered in small amount of boiling salted water. | 20-30 mins. |
| Navy Beans, dried | Rinse. Soak overnight in 3 times as much water as beans; OR bring to boil, simmer several minutes and let stand 1 hour or more. | Cover and simmer in water used for soaking. Add salt. | 1 ½ hours |
| Beets | Cut off all but 1 inch of stems and root; wash and scrub thoroughly. Do not pare. | Cook covered in boiling salted water. Peel when done. | 35-60 mins. |
| Broccoli | Remove tough part of stalks and outer leaves. Split rest of stalk almost to flowerets; OR Cut in 1-inch pieces; separate stalks from flowerets. | Tie stalks in bundles using folded strips of foil. Cover, cook standing up in boiling, salted water.<br>Cook pieces covered in boiling salted water to cover 5 to 8 mins.; add flowerets. | 15-20 mins.<br>10-15 min. Total |
| Brussels Sprouts | Wash thoroughly; cut off wilted leaves. If large Brussels sprouts, cut in half lengthwise. | Cook covered in small amount of boiling walted water. | 10-15 mins. |
| Cabbage, green | Wash; remove wilted outer leaves. Cut in 6 to 8 wedges; OR shred. | Cook covered in small amount of boiling salted water. | 10-12 mins. Wedges |
| Carrots | Wash, scrape or pare. Slice, cut up in quarters or strips, or leave whole. | Cook covered in small amount of boiling salted water or in consomme. | 20-25 mins. Whole |
| Cauliflower | Remove leaves and some of the woody stem. Leave whole or separate into flowerets. | Cook covered in small amount of boiling salted water. | 20-25 mins. Whole<br>15-20 mins. Flowerets |

# Table For Cooking Vegetables

| VEGETABLE | WAYS TO PREPARE | COOKING | TIME |
|---|---|---|---|
| Celery | Scrub thoroughly. Cut off leaves and trim roots. Slice into desired lengths. | Cook covered in small amount of boiling salted water or in consomme. | 10-15 mins. |
| Corn | Remove husks and silks from fresh corn. Rinse and cook whole. | Cook covered in small amount of boiling salted water; OR cook uncovered in enough boiling salted water to cover ears. | 6-8 mins. |
| Eggplant | Wash. If skin is tough, pare. Cut in ½-inch slices. | Dip in beaten egg, then in fine dry bread crumbs. Brown slowly on both sides in hot fat. Season. | Approx. 4 mins. |
| Mushrooms | Wash; cut off tips of stems. Leave whole or slice. | Add to melted butter in skillet; sprinkle with flour and mix. Cover and cook slowly, turning occasionally. | 8-10 mins. |
| Okra | Wash pods; cut off stems. Slice or leave whole. | Cook covered in small amount of boiling salted water. | 8-15 mins. |
| Parsnips | Wash thoroughly; pare or scrape. Slice lengthwise or crosswise. | Cook covered in small amount of boiling salted water. | 15-20 mins. |
| Peas, Green | Shell and wash. | Cook covered in small amount of boiling salted water. | 8-15 mins. |
| Spinach | Cut off roots and wash several times in lukewarm water, lifting out of water as you wash. | Cook covered without adding water. Reduce heat when steam forms. Turn often while cooking. | 3-5 mins. |
| Zucchini | Wash; do not pare. Slice thin. | Season and cook covered in butter in skillet for 5 mins. Uncover and cook till tender, turning slices. | 10 mins. Total |
| Tomatoes | Wash ripened tomatoes. | Cook slowly, covered without adding water. | 10-15 mins. |

# Calorie Counter

## CANDIES, SNACKS AND NUTS

| | | Calories |
|---|---|---|
| Almonds (salted) | 12 to 15 | 93 |
| Cashews | 6 to 8 | 88 |
| Chocolate Bar (nut) | 2 ounce bar | 340 |
| Coconut (shredded) | 1 cup | 344 |
| English Toffee | 1 piece | 25 |
| Fudge | 1 ounce | 115 |
| Mints | 5 very small | 50 |
| Peanuts (salted) | 1 ounce | 190 |
| Peanuts (roasted) | 1 cup | 800 |
| Pecans | 6 | 104 |
| Popcorn (plain) | 1 cup | 54 |
| Potato Chips | 10 medium chips | 115 |
| Pretzels | 10 small sticks | 35 |
| Walnuts | 8 to 10 | 100 |

## DAIRY PRODUCTS

| | | |
|---|---|---|
| American Cheese | 1 cube, 1 1/8 inch | 100 |
| Butter or Oleomargarine | 1 level Tbsp. | 100 |
| Cheese (blue, cheddar, cream, Swiss) | 1 ounce | 105 |
| Cottage Cheese (uncreamed) | 1 ounce | 25 |
| Cream, light | 1 Tbsp. | 30 |
| Cream, whipped | 1 Tbsp. | 25 |
| Egg White | 1 | 15 |
| Egg Yolk | 1 | 61 |
| Eggs (boiled or poached) | 2 | 160 |
| Eggs (scrambled) | 2 | 220 |
| Egg (fried) | 1 medium | 110 |
| Yogurt (flavored) | 4 ounces | 60 |

## DESSERTS

| | | |
|---|---|---|
| Cakes: | | |
| Angel Food Cake | 2" piece | 110 |
| Cheese Cake | 2" piece | 200 |
| Chocolate Cake, iced | 2" piece | 445 |
| Fruit Cake | 2" piece | 115 |
| Pound Cake | 1 ounce piece | 140 |
| Sponge Cake | 2" piece | 120 |
| Shortcake with fruit | 1 ave. slice | 300 |
| Cupcake, iced | 1 | 185 |
| Cupcake, plain | 1 | 145 |
| Pudding: | | |
| Bread Pudding | ½ cup | 150 |
| Flavored Puddings | ½ cup | 140 |

## BEVERAGES AND JUICES

| | | |
|---|---|---|
| Beer | 1 bottle, 12 oz. | 185 |
| Chocolate Malted | 8 ounces | 450 |
| Cocoa (all milk) | 8 ounces | 235 |
| Cocoa (milk & water) | 8 ounces | 140 |
| Coffee (black/unsw.) | | 0 |

# Calorie Counter

## BREADS AND FLOUR FOODS

| | | Calories |
|---|---|---|
| Baking Powder Biscuits | 1 large or 2 sm. | 129 |
| Bran Muffin | 1 medium | 106 |
| Corn Bread | 1 small square | 130 |
| Dumplings | 1 | 70 |
| Enriched White Bread | 1 slice | 60 |
| French Bread | 1 small slice | 54 |
| French Toast | 1 slice | 135 |
| Macaroni and Cheese | 1 cup | 475 |
| Melba Toast | 1 slice | 25 |
| Noodles cooked | 1 cup | 200 |
| Pancakes (wheat) | 1, 4-inch | 60 |
| Raisin Bread | 1 slice | 80 |
| Rye Bread | 1 slice | 71 |
| Saltines | 1 | 17 |
| Soda Crackers | 1 | 23 |
| Waffles | 1 | 216 |
| Whole Wheat Bread | 1 slice | 55 |

## BREAKFAST CEREALS

| | | |
|---|---|---|
| Corn Flakes | 1 cup | 96 |
| Cream of Wheat | 1 cup | 120 |
| Oatmeal | 1 cup | 148 |
| Rice Flakes | 1 cup | 105 |
| Shredded Wheat | 1 biscuit | 100 |
| Sugar Krisps | ¾ cup | 110 |

Pies:

| | | |
|---|---|---|
| Apple | 1 piece | 331 |
| Blueberry | 1 piece | 290 |
| Cherry | 1 piece | 355 |
| Custard | 1 piece | 280 |
| Lemon Meringue | 1 piece | 305 |
| Peach | 1 piece | 280 |
| Pumpkin | 1 piece | 265 |
| Rhubarb | 1 piece | 265 |

Ice Cream:

| | | |
|---|---|---|
| Chocolate Ice Cream | ½ cup | 200 |
| Vanilla Ice Cream | ½ cup | 150 |

Miscellaneous:

| | | |
|---|---|---|
| Chocolate Eclair, custard | 1 small | 250 |
| Cookies, assorted | 1, 3-inch dia. | 120 |
| Cream Puff | 1 | 296 |
| Jello, all flavors | ½ cup | 78 |

## FISH AND FOWL:

| | | |
|---|---|---|
| Bass | 4 ounces | 105 |
| Brook Trout | 4 ounces | 130 |
| Crabmeat (canned) | 3 ounces | 85 |
| Fish Sticks | 5 sticks or 4 oz. | 200 |
| Haddock (baked) | 1 fillet | 158 |
| Haddock (broiled) | 4 ounces steak | 207 |

# Calorie Counter

| | | Calories |
|---|---|---|
| **FRUITS** | | |
| Apple (raw) | 1 small | 70 |
| Banana | 1 medium | 85 |
| Blueberries (frozen/-unsweetened | ½ cup | 45 |
| Cantaloupe Melon | ½ melon large | 60 |
| Cherries, fresh/whole | ½ cup | 40 |
| Cranberries (sauce) | 1 cup | 54 |
| Grapes | 1 cup | 65 |
| Dates | 3 or 4 | 95 |
| Grapefruit (unsw.) | ½ | 55 |
| Orange | 1 medium | 70 |
| Peach (fresh) | 1 | 35 |
| Plums | 2 | 50 |
| Tangerine (fresh) | 1 | 40 |
| Watermelon | 1" slice | 60 |
| **MEATS** | | |
| Bacon (crisp) | 2 slices | 95 |
| Frankfurter | 1 | 155 |
| Hamburger (ave. fat/broiled) | 3 ounces | 245 |
| Hamburger (lean/broiled) | 3 ounces | 185 |
| Ham (boiled/lean) | 3 ounces | 200 |
| Ham (baked) | 1 slice | 100 |
| Lamb Leg Roast | 3 ounces | 235 |
| Lamb Chop (rib) | 3 ounces | 300 |
| Liver (fried) | 3½ ounces | 210 |
| Meat Loaf | 1 slice | 100 |
| Pork Chop (med.) | 3 ounces | 340 |
| Pork Roast | 3 ounces | 310 |
| Pork Sausage | 3 ounces | 405 |
| Roasts (Beef) | | |
| Loin Roast | 3½ ounces | 340 |
| Pot Roast (round) | 3½ ounces | 200 |
| Rib Roast | 3½ ounces | 260 |
| Rump Roast | 3½ ounces | 340 |
| Spareribs | 1 piece, 3 ribs | 123 |
| Swiss Steak | 3½ ounces | 300 |
| Veal Chop (med.) | 3 ounces | 185 |
| Veal Roast | 3 ounces | 230 |
| **SALADS AND DRESSINGS** | | |
| Apple and Carrot (no dressing) | ½ cup | 100 |
| Chef Salad/reg. oil | 1 Tbsp. | 160 |
| Chef Salad/mayonnnaise | 1 Tbsp. | 125 |
| Chef Salad/French, Roquefort | 1 Tbsp. | 105 |
| Cole Slaw (no dressing) | ½ cup | 102 |
| Fruit Gelatin | 1 square | 139 |
| Potato Salad (no dress.) | ½ cup | 184 |
| Waldorf (no dressing) | ½ cup | 140 |
| Boiled Dressing | 1 Tbsp. | 28 |
| French Dressing | 1 Tbsp. | 60 |
| Mayonnaise | 1 Tbsp. | 110 |

# Quantity Cooking

| Food | 25 Servings | 100 Servings |
|---|---|---|
| **Meat, Poultry or Fish** | | |
| Beef and veal (roasted) | 10 lbs. | 40 lbs. |
| Fish, large whole | 13 lbs | 50 lbs. |
| Fish, fillets or steaks | 7 ½ lbs. | 30 lbs. |
| Ham (roasted) | 10 lbs | 30 lbs. |
| Hamburger | 9 lbs | 35 lbs. |
| Meat Loaf | 5 lbs | 18 lbs. |
| Pork Rib Roast | 10 lbs. | 36 lbs. |
| Pork Chops and Veal Cutlets | 9 lbs. | 30 lbs. |
| Turkey or Chicken (roasted) | 16 lbs. | 50 to 75 lbs. |
| **Sandwiches** | | |
| Bread | 50 slices | 200 slices |
| Butter | ½ lb | 1 ½ lbs. |
| Mayonnaise | 1 cup | 4 to 6 cups |
| Mixed Filling (meat, eggs, fish) | 1 ½ qts. | 5 to 6 qts. |
| Lettuce | 1 ½ heads | 5 to 6 heads |
| **Salads, Casseroles** | | |
| Potato Salad | 4 ¼ qts. | 4½gals. |
| Scalloped Potatoes | 4 ½ qts. | 17 qts. |
| Spaghetti | 1 ¼ gals. | 5 gal. |
| Baked Beans | ¾ gals. | 2 ½ gals. |
| Jello Salad | 2 qts. | 2½ gals. |
| Lettuce (large heads) | 4 heads | 12 heads |
| **Vegetables** | | |
| Beets (fresh) | 5 lbs. | 20 lbs. |
| Beets (canned) | 1 No. 10 | 4 No. 10 |
| Cabbage (shredded) | 5 lbs. | 20 lbs. |
| Carrots (cooked) | 6 lbs. | 24 lbs. |
| Corn (canned) | 3 No. 2 | 2 No. 10 |
| Corn (frozen) | 3 40-oz. pkgs. | 10 40-oz pkgs |
| Peas (fresh) | 18 lbs. | 70 lbs. |
| Peas (frozen) | 3 40-oz. pkgs. | 10 40-oz. pkgs. |
| Sweet Potatoes (canned) | 1 No. 10 | 4 No. 10 |
| Sweet Potatoes (fresh) | 7 lbs. | 24 lbs |

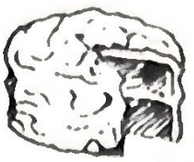
## FOOD QUANTITIES FOR ONE WEEK

| Kinds of Foods | Women | Men |
|---|---|---|
| Citrus fruits, tomatoes | 2½ pounds | 2½ - 3 pounds |
| Dark-green vegetables | ¾ pound | ¾ pound |
| Dry beans, peas and nuts | 2 ounces | 2 - 4 ounces |
| Eggs | 6 eggs | 7 eggs |
| Fats, oils | ½ pound | ¾ - 1 pound |
| Grain products - Cereal, flour, whole grain | 2 2½ pounds | 3-4 pounds |
| Meat, fish and poultry | 4 4½ pounds | 5-5½ pounds |
| Milk, and milk equivalents | 3½ quarts | 3½ quarts |
| Vegetables and fruits | 4-6 pounds | 5 - 7 pounds |
| Potatoes | 1-1½ pounds | 2 - 3 pounds |
| Sugars and sweets | ½-1 pound | 1 - 1½ pounds |

## SUBSTITUTIONS FOR INGREDIENTS

**1 tablespoon cornstarch (for thickening)** .... 2 tablespoons flour
**1 cup sifted cake flour** .... 1 cup minus 2 tablespoons sifted all-purpose flour.
**1 cup sour milk** .... 1 cup sweet milk into which 1 tablespoon vinegar or lemon juice has been stirred.
**1 square chocolate (1 ounce)** .... 3 or 4 tablespoons cocoa plus 1 / 2 tablespoon fat.
**1 cup sifted all-purpose flour** .... 1 cup plus 2 tablespoons sifted cake flour.
**1 cup sweet milk** .... 1 cup sour milk or buttermilk plus 1 / 2 teaspoon baking soda.
**1 cup cream, sour, thin** .... 3 tablespoons butter and 3 / 4 cup milk in sour milk recipe.
**1 whole egg** .... 2 egg yolks for custards.
**1 cup molasses** .... 1 cup honey.
**1 package active dry yeast** .... 1 cake compressed yeast.
**1 tablespoon instant minced onion, dehydrated** .... 1 small fresh onion.
**1 tablespoon prepared mustard** .... 1 teaspoon dry mustard.

# *Favorite Recipes*



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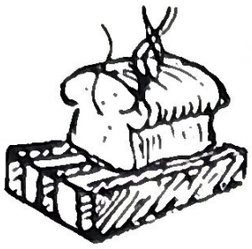

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